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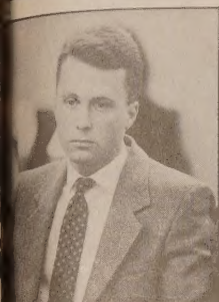
The Journal

Vol. II No. 51

Thursday, September 1, 1988

35°

Beating Victim 'Assaultive,' Claims Attorney for Police



Scott Schaker

By Chris Treadway

EL CERRITO -- Police Officer Scott Schaker plead not guilty Tuesday at his arraignment on three felonies and one misdemeanor filed by the district attorney in the beating case of Leroy Grigsby.

The attorney representing the 21-year-old officer later said his client did nothing unlawful and would give an account quite different from Grigsby's when the case comes to trial.

Grigsby's mother, who attended the arraignment, maintains her son was the victim of an unprovoked attack. Grigsby was not present in the packed courtroom.

The charges stem from an August 3 incident during which Grigsby claims he was kidnapped, beaten with a metal flashlight while handcuffed, and ultimately forced to walk into the Bay while Schaker and another officer looked on.

Schaker's attorney, Michael Rains, waived the reading of the complaint and further arraignment proceedings to enter the plea for his client before Judge Bessie P. Dreifelbis in Bay Municipal Court.

At Rains' request, the scheduling of the preliminary hearing was postponed until Sept. 27 so counsel for Officer Martin Knight, the second officer mentioned in Grigsby's complaint, could appear. Knight has not been charged. Rains expects the case to go to trial in November.

"Mr. Grigsby's account seems to indicate he was the victim of an unprovoked attack," Rains said after the brief arraignment. "That was not the way it occurred at all. There was no beating or unlawful conduct by Officer Schaker."

Although he would not elaborate on the incident, Rains said there was a "second side to

Cop Says Homeless are Dumped Routinely

By Will Tizard

EL CERRITO -- El Cerrito police have had numerous run-ins with Leroy Grigsby since he accused a patrol officer of beating and kidnapping him, said an officer who requested anonymity Tuesday.

His claims include a widespread departmental practice of moving transients to out-of-the-way places, often Point Isabel, to sleep off their periods of drunkenness. Point Isabel is where Grigsby said he was beaten by an El Cerrito officer in the early morning hours of Aug. 3.

"That isn't the first time an officer has been out to Point Isabel," said the anonymous officer.

The man said he feels sympathy for El Cerrito officer Scott Schaker, who is charged with kidnapping and beating a transient Aug. 3, driving him out to Point Isabel, and forcing him to walk into San Francisco Bay.

The officer stressed that police never beat transients to his knowledge, nor did the transient in this case, Leroy Grigsby, deserve a beating. Nevertheless, said the officer, the practice is well entrenched.

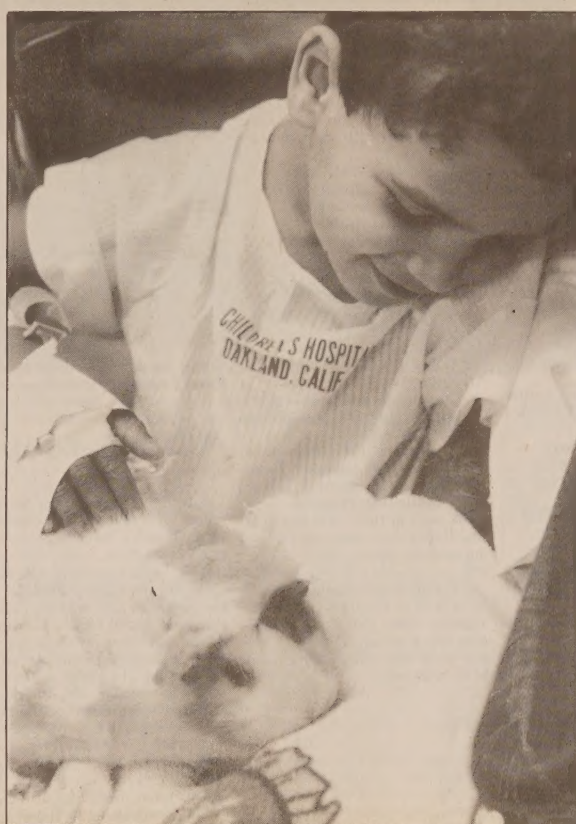
It usually applies to homeless people who are deemed a nuisance, with "out of sight, out of mind," as the reason, said the officer. Usually, transients are given the choice of jail, a homeless shelter, a city park or a diner, like Nation's, said the officer.

Officers also buy coffee for them, said the officer, who estimated he spent \$200 of his own money on transients last year.

"That's absurd," said El Cerrito Police Capt. Bruce Nelson, a 21-year veteran of the force who maintained that he knows of no officer ever transporting a panhandler outside city limits, unless he was providing aid.

Officers do sometimes drive indigents to the Richmond Rescue Mission when they need help, said Nelson, but they do not try to get them out of El Cerrito.

Officers also transport people too drunk to care for themselves



Just What Dr. Doolittle Ordered

A child snuggles with Martha the guinea pig, a pet paying a visit to Children's Hospital Oakland. The animals visit the wards once a month.

Continued on page 3

Albany planners meet

Storm over Addition Will Settle on Two Feet

ALBANY -- A difference of 24 inches could make a major difference in the outcome of Naoki Kaku's application to add a second story to his home at 730 Talbot Ave., the Planning and Zoning Commission decided at its Aug. 23 session.

Kaku's application says the house is three feet away from the property line on the north side. Jim Shank, 728 Talbot, claims his neighbor's house is on the property line.

The neighborhood is now awaiting a surveyor's report on where the house actually sits. The application, which was originally

continued from the commission's July 12 meeting, will be heard again Sept. 13.

If the property line is closer than originally thought, "We would have to rehear it because all the plans would be inaccurate," City Planning Director Claudia Cappio said at the meeting. "If it's closer than (three feet), it's a whole new ballgame."

Kaku did not attend the meeting, although the designer of his proposed addition did. The session again drew a number of opponents to the application, who presented a 122-signature petition.

Exactly how the property line survey would affect the proposal is still unclear, although the commission discussed setting the addition back three feet from the north wall.

Commission Chair Patricia Bikai accepted Shank's invitation to stop by before the meeting and look out his south facing windows and see how close the two houses are.

"I find it to be significant," Bikai told the other commissioners. "Whether it's one foot or zero makes no difference. He's literally going to have a brick wall at his window."

"I'd change my point of view, possibly, depending on what the surveyor says," said Commissioner Ann Berry, who later added, "Certainly I'd object if it was next door to me."

Shank, who considered appealing to the City Council if Kaku's conditional use permit was approved, called the decision a victory. "I'm really glad (Bikai) came by," he said.

Shank said he opposes any addition, although he sympathizes with Kaku's reasons for wanting to expand his house. But even an addition with a three-foot setback

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Leroy Grigsby is stopped by Officer Scott Erwin and Sgt. Danielson outside an El Cerrito market after a disturbance was reported by a manager. Another El Cerrito officer said Grigsby has had several run-ins with police this week.

Safeway Grapes Provoke Wrath

By Bobby Calvan

ALBANY -- El Cerrito Mayor pro tem Jean Siri says she will ask her city council to support the grape boycott, in solidarity with United Farm Workers leaders who are demanding a ban against pesticides they say are harmful to farmworkers and consumers.

Siri made her announcement last week as Eastbay political leaders and UFW officials took their grape boycott demonstrations to Albany, on the heels of a 36-day fast by UFW founder Cesar Chavez that ended Aug. 21. Political leaders across the state have taken Chavez's lead and have gone on their own three-day fasts.

Earlier this week, the Alameda Board of Supervisors unanimously agreed to join the boycott against the Table Grape Growers Association, which produces most of the state's fresh grape crop. That means the county will no longer buy grapes for its jails and juvenile homes. A spokesman for the county also said other Bay Area counties will be contacted to pass similar resolutions.

Grape growers have said that pesticide levels have been within Food and Drug Administration

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Beyond Begonias at EC Plaza

By Daniel S. Levine

EL CERRITO -- Yellow-vested Lions grilled hot dogs and Rancho Rascals dosey-dosed as members from area clubs and service organizations gathered Saturday at the El Cerrito Plaza for this year's "Community Day."

In all, 47 local groups, ranging from the Boy Scouts to the East Bay branch of the American Begonia Society, brought wares, baked goods, and pamphlets. The goal was to recruit new members, spread the word about their causes, and raise some money.

No one knows the origin of the annual event, celebrated at the Plaza for over ten years, but everybody knows its purpose.

"We get a lot of requests from organizations to do fund raising at the mall," explained Plaza Marketing Director Zenaide Garvey, in charge of coordinating the big day. "We decided to set aside a day where all the organizations can do fund raising."

Art work from members of the El Cerrito Art Association was on display and for sale. For \$50 you could take home a watercolor of a Bay Area scene or have a quick portrait made for \$5.

Glen Maynard, a member of the American Begonia Society, has been selling house plants at community day for five years.

"It pretty much funds us for the year," said Maynard of the

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The Annual Community Day is a success at EC Plaza.

OAKLAND
FESTIVAL
of the
ARTS

SEE
SPECIAL
SECTION
INSIDE WITH
ALL THE
EVENTS

Police Beat

Double burglar pushes his luck

By Christina Davis

EL CERRITO -- The following is a summarized list of recent crime in El Cerrito, as reported by police.

News of the Week

On Aug. 22, residents on the 6200 block of Cypress Ave. reported that a burglary had occurred in their apartment.

Police arrived and, while officers were investigating the crime, they received the additional report of a break-in in the same building.

This time a man had arrived home and found the burglar hiding beneath his bed. The burglar escaped in such a hurry that he lost his shoes as he jumped out of a window.

Police now had a description. Officers searched the area for a man without shoes. They found one in nearby Cybelle's Restaurant.

As police questioned their shoeless suspect, the 20-year-old man tried to escape once more. He led a chase around the restaurant until he was finally apprehended by El Cerrito Police Officer Curtis States, who found him hiding behind the restaurant's jukebox.

The suspect was identified as Oakland resident Cornell James Morrow, a Marine Corps member perhaps stationed in Alameda.

At the time of his arrest, a wallet containing cash and stolen keys were both found on his person. Fifteen \$100 bills reported stolen from the Cypress Ave. apartment remained unaccounted for until Friday night. A Cybelle's employee found the money stashed behind the jukebox.

\$2,200 restaurant robbery

The following is a partial list of crime activity during the past week:

Two masked men, armed with a sawed-off shotgun, forced workers at an Albany fast food restaurant to open its safe and registers and sped away with over \$2,200 in cash on Aug. 28, according to police reports.

The suspects, both said to be black males, fled in a "large early mode, blue American-made car" after robbing Kentucky Fried Chicken on 1101 Solano Ave. Police were not given the exact make or model of the getaway car.

According to workers, who were forced to lie on the floor during the robbery, said the suspects each used a ski mask and dark gloves. One suspect wore a light blue one-piece jumpsuit, according to victims, while the other suspect wore a brown one-piece jumpsuit.

The weapon used during the robbery is described as a sawed-off shotgun, about 24 inches

long.

On Aug. 24, police reports say, a white male about 30-years old allegedly pulled to a curb on Solano Ave and called the attention of two women. The man opened the door of his grey Honda and began masturbating his erect penis and asked the women, "Would you stand there and watch me do this?"

The man brown-haired, brown-eyed man, wearing wire-rimmed glasses, a green t-shirt and jeans then drove away. The victims said his car had no license plates.

A Washington Ave. resident says she is "annoyed" over an apparent secret admirer.

The woman told police on Aug. 23 that for the last few weeks, she has been finding flowers and love notes on her red Porsche, parked in her apartment parking stall.

She said her admirer is a white male, about 24-years old with brown hair and drives a late model silver/blue Honda.

Tight fit

A woman used her girdle booster to hide \$127 worth of clothing from Capwell's employees on Aug. 21. She was taken into custody in the store restroom.

Grigsby Update

Just days after receiving his \$10,000 settlement from El Cerrito, Leroy Grigsby was arrested for begging MacDonald's patrons for money.

Business burglaries

● On Aug. 17 a tool-happy thief grabbed two power screwdrivers and ran out of Pastime Hardware. Loss was \$49.98.

● Capwell's recovered a \$44 sweater on Aug. 19.

● Over 11 gallons of gas were stolen from Pride's Chevron on Aug. 19.

● Also that day, someone pried off the lock to a video game at Golden Gate Lanes, forced open the coin box and made off with \$75 worth of quarters.

● A man entered Safeway on Aug. 20 with an empty shopping bag and tried to leave soon afterward with a shopping bag filled with various meat items. He was stopped, however, and taken into police custody.

● Lucky's retrieved two bottles of gin from the inside of a man's jacket on Aug. 22.

Residential burglary

● A home on the 900 block of Pomona Ave. was burglarized on Aug. 18. Items missing were valued at \$1,200 and included a VCR, jewelry, and \$100 cash.

Thefts

● An in-dash stereo was removed from a car on the 5200 block of Potrero Ave. on Aug. 18.

● Car accessories, such as wheels and seats, were taken from a Hyundai parked at Gill and San Pablo avenues on Aug. 17. The

loss totaled \$1,050.

● A wallet containing a check made out to cash for \$32 was taken from a woman's open purse while she was shopping at Safeway on Aug. 19.

● Also on Aug. 19, a car window was smashed on the 200 block of Ashbury St. A suitcase containing \$610 worth of cassette tapes was stolen.

● A \$350 orange Jarro men's dirt bike was stolen outside of Chevy's restaurant on Aug. 21.

● On Aug. 22 a wallet containing \$35 in cash was taken from a locked vehicle parked at the Juvenile Probation office.

● A \$900 gas-operated generator was reported missing from a Liberty St. construction site on Aug. 22.

● A chrome BMX bike was taken on Aug. 23 from the El Cerrito Plaza. Value was \$300.

Auto thefts

● A 1980 Cadillac stolen from the 500 block of Elm St. was recovered on Aug. 17.

● A locked 1986 Chevrolet was taken on Aug. 18 from the 6900 block of Cutting Blvd.

● A white 1981 Toyota Tercel was stolen from the 1800 block of Arlington Ave. on Aug. 19.

● On Aug. 19 a gold 1978 Olds Cutlass was stolen from a parking lot near Bert's Place.

● A burgundy 1987 Oldsmobile 98 was removed from the Food Bowl parking lot on Aug. 21.

Malicious mischief

● A man in the 11500 block of San Pablo Ave. reported receiving obscene phone calls on Aug. 18.

● A water fountain was pulled off a wall at Prospect School on Tapscott Ave. The Aug. 21 incident left a stream of water flowing from the pipes and caused \$150 in damage.



Troop members seated (left to right): Allen Takahashi, Dominic Tsabedze, George Fosselius, Peter Fosselius. Standing: Gabriel Chilcott, Scott Robinson, Eric McGlothen, Darrick McGlothen.

Albany scouts scale New Mexico's peak

EL CERRITO -- The senior scouts of Troop 102, sponsored by St. John's Church, recently arrived home from a 4000 mile trek to New Mexico and a 96 mile trek in the historic Philmont district of the Sangre de Christo Mountains. Philmont Scout Ranch, operated by the Boy Scouts of America, is the world's largest camping facility, covering 214 square miles.

Scouts meeting the Philmont challenge were Gabriel Chilcott, Scott Robinson, Eric McGlothen and Darrick McGlothen, all students at El Cerrito High School. Gaucho senior and the troop's senior patrol leader Peter Fosselius was the crew leader for the 10 day trek. Altogether there

were about 21,000 young men and women hiking Philmont's mountainous trails this summer.

The group was under the leadership of Scoutmaster George Fosselius, an Albany High School teacher, and former member and Scoutmaster Allen Takahashi, now an engineer with SRI. During their 12 day stay the crew engaged in rock and spar climbing, repelling, shooting (black powder and shotgun), burro packing, horse riding, ecology, learning the Indian, trapping, mining and western lore of the district as well as completing four hours of erosion control and trail-building in the hot New Mexico sun.

Staying in backwoods camps each night, Troops 102 and Albany brought California shine for six of the 10 days on trail. The New Mexico mountains resumed with the crew's ascent of 12,441-foot Mt. Baldy, the highest peak in the state, and the following afternoon.

Other peaks bagged on the trip were Kit Peak, Arizona, where the solar telescope, Guadalupe Peak, the tallest in Texas, and Mt. Phillips, named for Oklahoma oil man W. Phillips, who donated the mountain just 50 years ago. Over 600 young people have hiked Philmont's trails since it was given to the scouts.

Letter to the Editor

Bacon rebuffs charges

Dear Editor:

In a letter you published on Aug. 25 by Mr. Johnson and A. Harria regarding the El Cerrito recall effort, several corrections and an explanation are necessary.

First, Proposition 13 does not require a two-thirds vote before an assessment district can be established. Proposition 13 doesn't even mention assessment districts. Assessment districts existed long before Proposition 13 was ever conceived. The Council did not exceed their legal authority in unilaterally adopting the assessment district. Since it was decided after over a year of public discussion, the term "arbitrarily" is also not an adequate description of the manner in which the assessment was established.

Second, the Council has never approved an expenditure of \$1.5 million for a new City Hall. The Council has never even considered the issue of funding a permanent City Hall. An independent structural engineer estimated

the cost to repair the old City Hall at an astounding \$600,000 as compared to the portable building at \$280,000. Further, most of the cost of the portable buildings will be recovered if and when they are surplus and sold. Our research indicates that the resale market in these structures is quite strong.

Next, the \$600,000 borrowed by the Redevelopment Agency from the City every year creates the debt required by law for the Agency to receive its revenue from the County. When the revenue is received the debt is repaid. This much discussed and grossly misunderstood transaction has no net effect on the City's budget.

Finally, Messrs. Johnson and Harria imply that I intentionally lied to the voters for the sole purpose of winning an election. Last August when my campaign brochure was written I believed that a vote should be taken to determine public sentiment regard-

ing the proposed assessment districts. My brochure reflected that sentiment. I wasn't lying.

However, ten months past and circumstances changed. A great deal of discussion with Cerrito citizens took place. Survey was conducted. Assessments once totaling \$2 per year were scaled down to \$1 per year; alternative one-half revenue projections diminished and potential cutback scenarios were designed. I took all of these elements into consideration and exercised my best judgment to the benefit of the majority of citizens. My "moral and ethical obligation" is to use the most current information available in making a decision of this magnitude. I think this is the position El Cerrito voters would expect.

Sincerely,

Bob Bacon
Councilmember

No such thing as 2-cent mail

The two cent postage mail fraud scheme which recently attained notoriety across the country appears to be losing steam, according to postal inspectors. As of Aug. 19, 83 people had been identified in 11 western states (the Western Region of the Postal Service) as being involved in this illegal scheme. The promoters, who charge anywhere from \$5 to \$12 and higher for their "secret", falsely advise that first class letters can be legally mailed with as little as 2 cents postage affixed. Their "secret" is based on an outdated postal statute from 1960 which is no longer in effect.

The names and addresses of these promoters are known, and postal inspectors are currently in the process of contacting them for possible criminal and/or civil action. The scam has operated in Berkeley, Hayward, Newark and Oakland.

The scheme violates mail fraud laws, and persons convicted of these laws face possible prison terms of five years and fines of \$250,000 on each count. Persons receiving an offer in the mail promoting this scheme should submit it to their local postmaster for forwarding to the regional chief inspector for investigation.

Albany's Haden comes home

ALBANY -- Bill Haden, longtime Albany City Administrator, has returned to his Talbot Avenue home to continue recovery from a stroke suffered in early 1987 at his desk in City Hall. He has spent the last few months in rehabilitation programs in Santa Clara and Vallejo.

"It's good to be back in Albany," Haden said as he toured the house, pointing out renovations being made. "We have a lot of friends here."

Haden has recently been appointed Executive Secretary of the Alameda County Mayors Conference, an association which meets monthly to foster the interests of cities in the county. He commutes on BART three days a week to his office in Hayward.

After getting out of the service in 1965, Haden was with the city of Santa Clara before replacing James Turner as Albany City Administrator in 1977. When asked to comment on the current progress of the Albany waterfront park, a project initiated during Haden's tenure, he said,

Haden, who recently returned from a fishing trip in Wyoming with his son, says he believes that keeping active is the essential ingredient in recovery from a stroke. After the year of intensive therapy, he is pleased to be settled down in Albany. "And I'm optimistic about the future," he said.

"Everything seems to be fine. When you're working with the state and so many regulatory agencies, it's bound to be slow going."

Haden married Anne Rotramel in 1983--"June 30, the end of the fiscal year," he recalls. A former Albany city councilmember, she resigned in the fall of 1982 and is now Assistant District Attorney in Sunnyvale.

Because of his background knowledge of the Albany library, Haden has been asked by Councilmember Bill Lewis to serve on the City Center/Library Committee which is studying the possibility of putting the two facilities into one new building.

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The Journal

Publishers

W.A. 'Chip' Brown — Mary Brown

Managing Editor Will Tizard
Staff Writers Bobby Calvan, Chris Treadway
Production Assistant Susan Hayes

Contributing Writers

Eileen Leon, Clara-Roe Genser, Lynda Efras, Meredith Young, Kazuo Nakahara, Barbara Davidson
Editorial Assistant Phyllis Lyon
Office Manager Betty King
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Office Staff Marilyn Bendle, Linda Grandt, Leila Label, Edie Langley, Monica Lazo, Kathy Reid, Carole Robinson, Peggy Terry, Mary Walden
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Award Winner

The prescription is petting with El Cerrito's Friendship Society

By Barbara Davidson

ALBANY -- A funny thing happened on the way to the fourth floor at the Children's Hospital in Oakland. Cubby the dog ate Gladys the rabbit's juice.

Fortunately, Gladys forgave him, and the mini-menagerie moved on. In addition to Gladys and Cubby (a lookalike for Mut), there was Martha the guinea pig, Euphoria the chicken and Mike, a golden retriever from the Companions, accompanied by Debra Dove. Euphoria named her name because she had survived another Sunday without getting into the pot. Nike will be used as a companion for the disabled and has been trained to pull wheelchairs and to turn light switches on and off.

It was all in a day's work for the animals and volunteers of the Friendship Foundation, a non-profit Albany organization which takes pets and farm animals on regular visits to people in acute care hospitals, nursing homes, special children's treatment centers and psychiatric facilities. It also provides for educational visits to school classrooms.

Coordinator Sherry Lebeck and her volunteers made the rounds of the fourth floor, first to the playroom and then to each room individually. Every animal was carefully introduced to each child. The children were encouraged to pet the animals, which they did, although some were wary of the dogs.

Steven, 8, of Sacramento, has been a patient for nine months, confined to a wheelchair as the result of a hit-and-run accident which left him almost entirely paralyzed from the neck down. He has been looking forward to the monthly visits made by the Foundation. Today he got to feed lettuce to the guinea pig by holding a clip by which the lettuce was affixed. Steven said that Cubby and Gladys are his favorite animals because he gets to pet them.

Lonnie, 10, of Oakland, had a hip operation. He was smiling like crazy as he petted Cubby and then fed him a doggie biscuit handed to him by Lebeck, while Lebeck explained that Cubby was a border terrier which had been used to keep weasels, foxes and other animals away from houses in Scotland and England.

When Lebeck stood in the doorway of eight-year-old Jamie's room and asked, "Would you like a visitor?" the little boy's face lit up. "That's the most beautiful dog I've ever seen," he exclaimed.

The purpose of the animals is to provide play therapy to make the hospital stay easier for kids. Susan Marchant, Director of Child Life Services for Children's Hospital in Oakland, believes that pet visits, which are one of many therapeutic activities programs at the hospital, are a very significant contribution to pediatrics. "The patients are uplifted and the staff as well," she said.

"It is proving time and time again that pets have a wonderful way of allowing children to express themselves in ways they could not do otherwise. They are particularly good for rehabilitation. Even if the children cannot move their limbs, they can relate physically to the animal. It is like having a friend you can explore with. Children open up and flower. I've seen children on occasion utter their first word or share a new expression or utilize some physical movement they have not used in the past." Marchant likes the Friendship Foundation in particular because the animals are carefully trained and healthy.

One of the volunteers, Vanessa Green, 16, of Berkeley, walked away from the afternoon feeling uplifted. "It was really great," she said. "I did not think the children would relate to me as much as to the animals but they seemed to."

On Sept. 11 from 2 p.m. to 5 p.m. at the estate of Clarence J. Woodard in Orinda, there will be



Dogs, chickens, guinea pigs, and other assorted pets romp with hospitalized children, cheering them up and acting as

playmates. Here, a child pets a playful dog who makes the rounds of the wards with other Friendship Society volunteers.

wine tasting and live music to raise money so that the Friendship Foundation can increase its

visits at Children's Hospital Oakland to twice a month. The event is open to the public.

Tickets range from \$15 to \$50. The group is also in need of more volunteers and is available for speaking engagements upon request. For further information phone 841-9777.

Pasta Fest will fuel next day's race

ALBANY -- Invitations and tickets were mailed recently to Albany Chamber of Commerce supporters, inviting them to the First Annual Albany Pasta Fest to be held Sept. 10 from 5 to 8 p.m. at the Royal Cafe, 811 San Pablo Avenue.

Pam Tennenbaum, head of the fest, promises an excellent meal and a bit of entertainment watching the Chamber's Board of Directors serve and clean tables.

Royal Cafe owners Majid Mahani and Javad Parsa are donating all food and food preparation. The entree is the cafe's special recipe of homemade pasta made from spinach, beets

and carrots, served with their own pasta sauce. A grilled, marinated chicken breast dinner will be served with salad and French bread. A child's portion will be half an adult plate.

The event will be held on Sep. 10 only. Pre-dinner ticket sales will assure that no one is disappointed. A complimentary glass of wine is offered with each adult meal, with soft drinks available for children. Tickets are \$7.50 for adults and \$4 for children under 12.

Runners in the 5K and 10K People Chase the following morning are encouraged to get their "carbo surge" at the Pasta Fest.

Door prizes will be awarded to ticket holders. NTT Travel will donate a two night's stay in Reno for two. Luoma Photography will donate two Royal Cafe chicken pasta dinners to be used any night after the Pasta Fest. The Royal

Cafe will give two complimentary breakfasts. Albany Little League will give two Albany t-shirts, and the Chamber of Commerce will give two Albany hats. The drawing will be held on the following Monday at the Chamber office.

Committee members assisting Tennenbaum are co-chairman Mary Weiland, Chamber president William F. Johns, Vera Boyavich, Lisa Lajala, Hal Denham and Fern Luoma.

Tickets and reservations are available at the following locations: the Chamber office at 1108 Solano Ave., NTT Travel, East Bay Paint Center, D's Composing Service, Jerome Blank Realty, Bank of America, Citicorp Savings (Albany branch), Solano Pharmacy, Edward Elliott Realtor, Luoma Photography, Albany YMCA, Attorney William Johns, and Wild Wools. For additional information call 525-1771.

Eugene Taylor, M.D.

Ray Guggenheim, M.D.

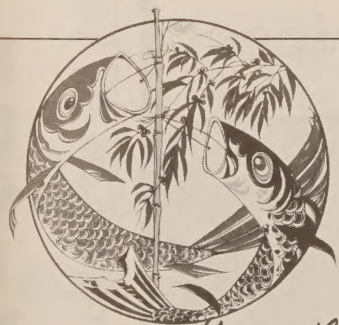
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Solano Avenue Stroll

SUNDAY • SEPTEMBER 11, 1988 • 12-5 P.M. 14th ANNUAL ALBANY/BERKELEY FAIR

COME FOR THE RUN - The People Chase, Benefit 5K Fun Run and 10K Run for Multiple Sclerosis Society and YMCA - Golden Gate Fields • 9:00a.m. • Call 527-6195 for information

BREAKFAST FOR BREAKFAST - Stroll Pancake Breakfast 8a.m.-1p.m. • Veteran's Mem. Bldg., Ramona & Portland Sts. • \$3.50 - all you can eat! Spon. by the Berk. Lion's Club

STAY FOR THE STROLL! - Parade begins at noon with Grand Marshal, Pat McCormick from Channel 2, and the fun continues with a fabulous variety of merchants, food and entertainment a mile long! (Sponsored by the Solano Avenue Association)

Judy McNutt

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It takes all kinds

People Chase and the Hotel Durant are planning events during the "Solano Stroll" weekend to benefit Multiple Sclerosis. To add to the day's festivity, the Hotel Durant will host its 60th Anniversary Dinner Party in the 1920's style, and the People Chase is having 10 and 5K family runs at Golden Gate Fields.

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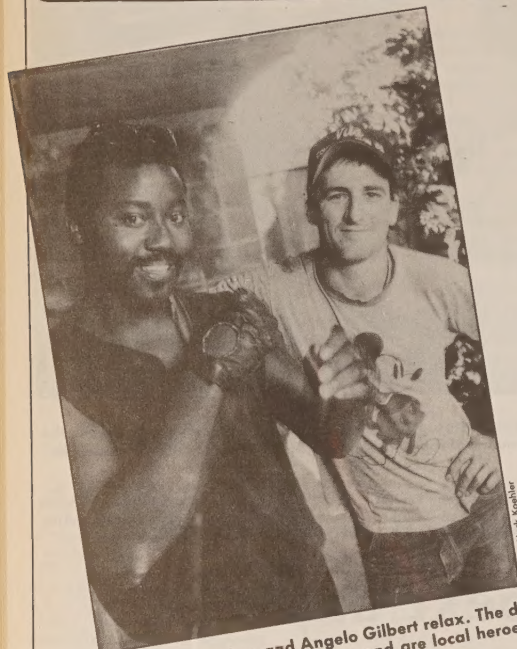
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Newsmaker's Dossier



Marcel Castanchoa and Angelo Gilbert relax. The daring duo risked their own lives, and are local heroes.

By Bobby Calvan

ALBANY -- When Marcel Castanchoa and Angelo Gilbert awoke one recent morning, little did they know that they would be returning home as heroes.

Both men were doing their own thing on the morning of Aug. 11, when a woman screamed out for help. She had just been robbed at knife point. Upon hearing the screams, Castanchoa and Gilbert went into action, and within

minutes, the suspect was face down, held against the ground, and two local heroes were in the making.

"When it happened, every Albany cop that's ever arrested me came that time," said Castanchoa, 23, who looks age-weathered from a continuing bout with alcohol. "God, I'm glad to be on the right side of the law this time."

For Gilbert, 27, doing the good

deed was no big thing. "I just did what anybody else would have done," he said. Put modesty aside, however, and you get the truth from Gilbert. "She needed help and nobody else helped her. If I could hear her from my car, I'm sure the other people could hear her too. I guess they didn't want to get involved."

The victim of the robbery, a Marin County woman, had praises for Castanchoa and Gilbert. "It was wonderful. They restored my faith in humanity," she said, adding "I think they did it because they are good people."

The incident, according to the victim's statement to police, began in San Anselmo when the woman picked up a hitchhiker along Highway 101 looking for a ride into San Francisco. The woman told him that she was going into Berkeley via the Richmond Bridge and offered him a ride.

The 18-year old man told the woman he would take the bus into San Francisco and asked to be dropped off at a bus stop. When the two were driving along Solano Avenue, the woman suggested BART, which she told him might be easier and faster. However, her passenger was undecided whether to take the bus or BART.

The woman, who was becoming suspicious, finally stopped near the corner of Solano and San Pablo to let her passenger out. According to her statement, it was then that the man pulled out a dagger and told the woman: "I'm sorry to have to do this, but I really have to get home." The woman then said she grabbed for his wrist and repeatedly yelled "Get out, get out!" Taking her keys, she stepped out and continued screaming at him to "Get out, get out of this car."

The man ran out grabbing the woman's jacket and her wallet, which was tucked away in the jacket, and ran towards San Pablo Avenue. Leaving her car door wide open, she took off after him, yelling "Stop him, stop him!"

As the incident was beginning to unfold, Angelo Gilbert was driving East on San Pablo Avenue when he heard the commotion. From what he could see from the great distance, Gilbert said, he recalls thinking "how cute these two people were, chas-

ing after each other." Girlfriend and boyfriend, he thought. But as he drove closer, he said, he knew the woman was in need of help. The look on her face, he said, was "not a look of happiness, it was a look of panic."

He quickly veered his car into a parking lot and asked the woman which way the alleged robber headed. Gilbert then went quickly in pursuit, hurdling fences and bushes, chasing after the suspect through a couple of backyards, a street and an apartment complex.

Marcel Castanchoa joined in as he saw the suspect and Gilbert race across Kains Avenue and heard the woman's pleas to "Get him, get him!" as she neared the YMCA, where Castanchoa was busy doing remodeling work.

Castanchoa and Gilbert said they did not know the youth had a weapon until they spotted him "fooling with something at his waist area."

The suspect continued to run, but the two men finally tackled the suspect — taking a wooden fence with them — to the ground. The woman's purse and a knife, apparently belonging to the suspect, were found nearby.

Police charged the suspect, Tony William Andrackin, 18, of San Francisco with armed robbery, possession of a dagger and use of a weapon in committing a felony. At his arraignment, Andrackin pleaded not guilty to all three felony charges. A trial date will be set on Sept. 6 by the Albany-Berkeley Municipal Court.

"Isn't it sickening? It's embarrassing," said Castanchoa about the attention he and Gilbert have gotten. "I know what I did was good, but it's getting too much attention. I'm trying not to let it get to my head. I don't want to get a big head."

Castanchoa said its "unusual" that he and Gilbert should be receiving so much attention.

Police think it unusual too. — Not that the two shouldn't be receiving attention, according to Police Chief Larry Murdo, but because the two — these two — made the effort to help someone in distress, especially when Castanchoa and Gilbert, who had never met prior to the incident, have had their share of brushes with the law.

Although all of these scrapes

with the law have been "minor," most alcohol-related, both men have been a nuisance to police.

Gilbert said he welcomed the change of going to the police department under his free choice. "I don't make it a habit to visit the police station. I want to be there because I want to," said the 1979 Albany High School graduate.

Celebrity is not exactly new to Gilbert. In 1982, he was drafted by the professional baseball team, the Cleveland Indians, but he did not make it out of the club's farm teams. When things didn't work out, he was sent to the Oakland Athletics. Injuries to his throwing arm benched him permanently. But his baseball glory days are remembered on baseball cards, which his mother keeps for him.

Surprisingly, Gilbert has not yet informed his parents, who now reside in Los Angeles, of his new found celebrity. He said he has been too busy caring for a gravely ill elderly gentleman dying of leukemia who he reveres like a father. He said he is one of the very few to whom he has mentioned his heroics so far.

Castanchoa, a 1983 graduate of Albany High, who now lives in Richmond, has already framed his commendation and will display it at his parents' home.

He said he has made his parents very proud, unlike his chronic problems with the law, he said, which all stem from alcohol abuse and his "rebellious" teenage years. His latest brush with the law was a third "driving while intoxicated" arrest, which made him realize that he had a problem.

For eight months now, Castanchoa said he has not touched alcohol or taken any illicit drugs. Treatment, he said, has made him appreciate life more.

"When I hear a scream, I will look into it, instead of blowing it off. People are too cut up in the rat race. People don't care enough," Castanchoa said.

It is obvious that city officials believe that the two do care. "It's kind of embarrassing. It's tough to take a compliment. Compliments aren't easy to take sometimes," Castanchoa said.

But that's the enviable price Castanchoa and Gilbert will have to pay for being two local heroes.

Second Hand Rose snips budding prices

By Barbara Davidson

ALBANY -- A rose by any other name would be Delma Schuchwar, also known as Second Hand Rose, owner of the resale shop at 1111 Solano Ave. in Albany.

"I was Second Hand Rose from the womb," said Schuchwar, referring to her frugal mother and materially barren childhood in Iowa. "I am the original coal miner's daughter. My father really was a coal miner."

The lifestyle of make-do clothing was so ingrained she continued it by buying used clothing for her own two children. Finally a friend suggested that since she liked secondhand clothing so much, maybe she should start her own business.

The first Second Hand Rose was opened in 1967 in an old Victorian house in San Francisco's Mission District. The door was always locked to keep out undesirables. "It was like a speakeasy," joked Schuchwar. "Every time a customer rang the bell, I would have to let him in. Do you think I sell secondhand clothes to just anybody?" She laughed. "I decided to phase out the store because I got tired of answering the bell."

"Besides," she said, "it was too hard running back and forth between Albany and San Francisco. After all, I need time to smell the roses." Schuchwar has 27 rose bushes in her garden and is a member of the San Francisco Rose Society which she claims was formed to promote interest in roses, "new ones, not secondhand."

Schuchwar opened the Solano Avenue store in 1979. She takes clothing on consignment and also buys outright. "With consignment there is more flexibility regarding price," she said.

She doesn't do much formal advertising. To promote business she encourages everyone to clean out his closet every six months. "Styles change so quickly that if you hang onto something too long it loses its value," she said.

Second Hand Rose sells fur jackets, Dr. Zhivago fur hats, a black embroidered drape from Persia for \$165 and a false bottom picture hat from the turn of the century for \$125. When asked to identify the cheapest thing in the store, Schuchwar laughed and replied, "Me."

There are also vintage evening dresses, snakeskin handbags, leather gloves and fur boas. For the less adventurous there are garden variety contemporary



Merisa Smith is proud of her mother's successful second-hand clothes store.

shoes and clothing at budget prices, including a handful of children's clothing.

Schuchwar shows her customers no mercy with her humor. One woman called and asked if she takes wedding dresses on consignment. Replied Schuchwar, "I don't know. How

many times has it been worn?" She laughed heartily at her own joke. She laughs heartily at all her jokes.

Another customer came in and picked out a red cape. "This will be perfect for the opera," she said. Quipped Schuchwar, "Are you going to see Carmen?"

Perhaps I can sell you a rose for your teeth."

Most customers are yuppie types. Some are senior citizens. "Seniors like jewelry," said Schuchwar. She has an interesting mix of new and antique pins, rings, necklaces and earrings, a number of which are jungle cat designs.

Sometimes the crowd that comes in is determined by the type of movie playing at the Albany Cinema on the corner.

"The second hand business draws the bargain hunters," said Schuchwar. "Even if they have money but are thrift conscious they will want to look nice. Some people are compulsive shoppers who buy new clothes, wear them for a while, sell them and start all over." Others have received white elephants from relatives and many of these rejects find a home at Second Hand Rose because the person is too embarrassed to send the ugly sweater back to Aunt Tillie.

Continued on page 6

Money

atters

Pertinent financial information for the layperson from local accountant Jaime T. Fukumae

Accurate minutes can add up funds

One way to cut your corporate tax obligation is to keep accurate and thorough minutes of all meetings. The small effort this requires will pay off handsomely if the IRS audits you.

Why does it make a difference? Take, for example, the issue of "unreasonable" compensation of an owner-employee. If you have kept good corporate minutes, you have a properly documented

record for the IRS to review. Your minutes help eliminate doubt as to whether the compensation paid to an officer was reasonable salary, and therefore deductible by the corporation, or actually a dividend and not deductible.

If the minutes contain no explanation of what appears to be excess or "unreasonable" compensation, the IRS will probably deny the deduction. What should corporate

minutes record? They should document any transfer of funds or assets into or out of the corporation, such as officer salaries, shareholder dividends, officer and employee benefits, and reimbursement of personal expenses — especially when the transfer involves a corporate officer, shareholder, board member, or anyone related to these people.

Continued on page 6

EVERYBODY'S

A weekly section featuring local businesses and businesspersons

Mace training catches more flies than honey

By Barbara Hulley
ALBANY -- When Gary Cooper told 28 attentive people that they can stand ten feet away from the person they intend to attack and still make contact, he wasn't talking about Hollywood westerns. Instead, Officer Cooper, who is not related to the movie idol, was presiding Satur-

day over a monthly class instructing civilians about safe use of Mace at the Albany Police Station. Mace, a canister of hard chemicals shot out by an aerosol propellant (which doesn't damage the ozone layer), is a modern self-defense weapon with numerous advantages. Unlike handguns, Mace does not cause lasting damage to its target. A victim

may feel the effects of a Mace blast for up to 24 hours maximum, says Cooper. Mace can also be used at a distance from an attacker--up to ten feet. Mace has a powerful chemical effect on the eyes and nervous system which can buy time to run away from an attacker.

The Albany class is one of the few in the East Bay where people can learn about the weapon and become licensed to use it.

few in the East Bay where people can learn about the weapon and become licensed to use it. For a small fee, class participants hear an hour and a half lecture on safe use of Mace and must pass an exam before they receive a license. The class is informative and entertaining; instructor Cooper believes that "it is easier to retain information if there's a little humor involved." He keeps the

class amused with anecdotes and jokes. However, the serious aspect of the class prevails. Misuse of Mace is a punishable offense. For example, unlawful possession of Mace is a misdemeanor, while unlawful use of it is a felony. Bringing Mace on to an airplane, which is strictly forbidden, can lead to a whopping \$25,000 fine. Mace can only be used for self-defense. Cooper gives examples of people spraying it at drivers on the freeway or at daughter's boyfriends. He stresses that while "we all get crazy on the road," mace must only be used to protect one's personal safety.

Tom Holler, president of the Tear Gas Training Group, which runs the Albany-based classes, feels that people should be aware of the safe use of Mace but that, used properly, it is an excellent method of self-defense. "The fact that law enforcement officers use it shows that it is an effective weapon," he said. "It buys time and lets the intended victim get the heck out of there."

Chemical warfare has been around for centuries, such as an

early Japanese practice of slinging bags of pepper at an assailant's face. Yet Mace has been used in America only during the last 20 years. It was first developed in 1923 by French police and had its first test in America during the Berkeley riots of the '60s. Since then police have found the weapon so effective that, according to Holler, legislators decided civilians should be able to use it. The classes and a program certifying the safe use of the weapon were developed.

And the time seems right for effective self-defense weapons. Cooper, who has taught the class for 8 years, says that the class size has steadily expanded. "It used to be just a couple of people. Now, look at it." He gestures at the several dozen class members. "They're all here for a reason." He believes that personal attacks are a common problem, especially now with an increase in drug abuse. "Drug users need to support their habit," he says.

Class members, many of whom had been attacked at least once, agree with Cooper that the rate of violent attacks seems to be steadily increasing. Theresa Miller, a 32 year old taxi driver, said that since she began driving a cab three years ago crime has increased "at least 25 percent." She said she sees "more people on the street, hanging out in corners." She claims that at her company, Taxi Taxi, drivers are attacked about once a month. Calling herself one of the lucky ones, because she hasn't been attacked, she said that carrying Mace will give her a greater feeling of security and self-empowerment.

Both Katie Roemer, 25, and Julie Stevenson, 24, have been recent victims of violent assault. Roemer said that the Mace class was previously recommended by her boss, but that she used to feel safe living near the Berkeley campus until an attack changed her mind. "The crime rate is really high," she said. Stevenson was held in her car for 45 minutes by an assailant while her three-year-old daughter, Christina, sat in the passenger seat next to her. "Once attacked, I began to feel seriously about the problem," she said. She agrees with class members who see drugs as the root of the crime increase, and she also feels that "Parents are poor role models. Kids don't know any better any more."



Instructor Gary Cooper demonstrates the correct use of Mace.

Unfortunately, the Mace which gives Roemer and Stevenson a new method of protection is not always enough to stop an attacker. Many assaults occur during the day when the can of Mace is not always at the fingertips. Mace can also backfire on a user. There have been incidents of attackers grabbing and using the Mace themselves or of wind blowing it back into the victim's face.

Cooper stresses that Mace is a not a magic solution to ward off attackers. Possession of a canister can give an increased feeling of security, but Cooper feels people should have an awareness of what to do in such a situation. "People must develop a plan," he said. "Don't think 'if' I get attacked, think 'when' I get attacked. Psychological preparing is of utmost importance." Self-defense classes, martial arts and other means of self-protection all increase the chance of getting away from an attack. The element of surprise, either by shooting a spray of Mace or kicking an unaware attacker in the shins, may give the time to shout and run away, according to Cooper.

For information about the class, call 524-5065, the Citizen Tear Gas Training Program.

Jobs for high school diploma candidates

Contra Costa County Superintendent of Schools Ronald Stewart announced recently that the Tryout Employment Program for Youth (TEPY) conducted by his office is now accepting applications.

Economically disadvantaged youth between the ages of 16 and 21 may apply if they are working toward their high school diplomas and are seeking employment in the private sector.

The salary will range from \$4.25 to \$8 an hour, depending on the difficulty of the job.

Central county residents can get help at the Neighborhood Youth Corps, County Office of Education, 77 Santa Barbara Rd. Pleasant Hill.

West county residents may visit the NYC office at 2523 El Portal Ave., Suite 104, San Pablo. Call 232-0403.

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Assaultive...

Continued from page 1

the story" and that "Mr. Grigsby took actions that were assaultive toward the officer."

Rains acknowledged that Grigsby was transported to Richmond by Schaker, but denied that Grigsby was forced to walk into the Bay, saying he could provide "no insight" into why Richmond Police found Grigsby with pants wet up to the knees when they came to the scene.

Asked why Grigsby was transported to Richmond even though no arrest had been made, Rains said, "That's a story Officer Schaker will tell. A lot of people who should be arrested, aren't arrested."

Rains said he could offer "no insight into why Mr. Grigsby's pants were wet," when Richmond Police came to the scene.

Grigsby's mother, Minnie Lee Galloway, would not comment on the case except to say "I do feel the officer is guilty of an unprovoked assault on my son."

Galloway said she is seeking custody of her son, who she said is mentally ill. "I want the best care possible for him," she said.

She said she had seen Grigsby "last Saturday in Richmond," but had not been able to locate him since then. "We've been looking for him," she said.

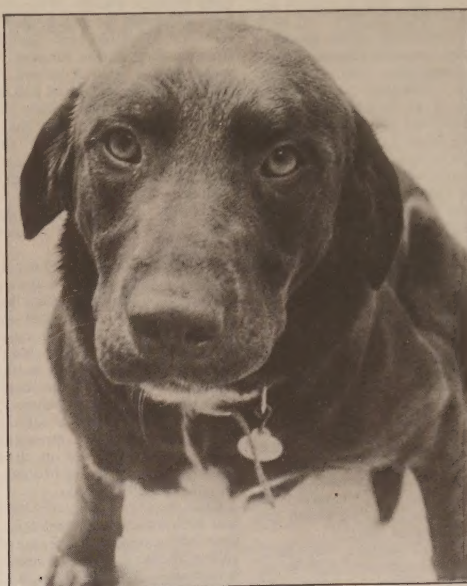
Grigsby's sister, Verna Springer, and cousin, Kenia Lockhart, also attended the arraignment.

With a battery of cameras trained on him during the arraignment, Schaker spoke up to affirm his full name to the judge.

Schaker, who is on paid administrative leave from the El Cerrito Police pending the outcome of the department's investigation, left quickly after the arraignment.

The \$10,000 settlement the city's insurer made with Grigsby does not imply Schaker's guilt, said Rains, who called it "indicative only of the cost of litigating these kinds of cases."

Humane Society Pet of the Week.



Dogs such as this one are waiting at the Humane Society for a home. Call 845-7735 for adoption info.

Marangella was on the telephone to a reporter from Mammoth Falls Monday at his office, although he is on vacation.

He was unavailable to say

whether the recall was a factor in his decision. The recall effort was launched because of a \$72 a year street lighting and landscape assessment promoted vigorously by Marangella and Creagh.

Richmond leader joins critics of brutality prob

By Will Tizard

Richmond Councilman Jim McMillan and Richmond NAACP president Lee Howard expressed outrage this week that only one man has been charged in the three-week-old investigation into alleged police violence against an unemployed, homeless man on Aug. 3.

McMillan said he was angry that only Scott Schaker, 22, was charged, even though another officer was said to have stood by and watched as Leroy Grigsby, 41, was beaten.

The outspoken Richmond councilman also expressed anger that the El Cerrito City Council has said nothing about the beating. "I think they're hiding behind the law, hoping the thing will be whitewashed," said McMillan.

El Cerrito Councilman Stephen Porter responded to the attack, saying that the City Council is Schaker's final board of appeal in the disciplinary review now focused on him. For that reason, El Cerrito councilmembers must remain mute about the beating.

McMillan said Monday that the council could still speak out against racial violence in general without prejudicing Schaker's appeal process.

Such a speech would be pointless, according to Porter. "Everybody's against police violence," said Porter. "Just making generalized pronouncements that everybody is in agreement with isn't very helpful."

McMillan also said the Grigsby case is merely part of a continuing pattern of violence against blacks he fears will spill over into Richmond. He said he witnessed violence against a young black youth by El Cerrito police "about a year and a half ago," but could not persuade the youth's mother to press charges.

McMillan said he could not recall the family's name or the exact date.

Brutality often takes other forms, he added, saying that a

more subtle kind, insidious familiarity by police, is to El Cerrito. "Brutality suits don't always come butt of a baton," said McMillan who urged that El Cerrito be trained in courtesy to minorities. He was unable to give any examples of ethnic involving El Cerrito police.

El Cerrito Police Chief Givens acknowledged the department has no training focuses on courtesy toward groups, but said he is open to the idea.

He said a program now way that would increase membership in the El Cerrito police will also help the department to reflect community demographics better.

El Cerrito Councilwoman Siri responded to McMillan's statements by pointing out the city's troubled police race relations.

McMillan and Howard pressed suspicion about \$10,000 settlement given Grigsby in exchange for signature on a release of damages, three days after beating.

The El Cerrito City Council was not consulted about the settlement, indicating a rush to judgment, both Howard and McMillan claim. In Richmond, which is self-insured, the would have to approve any payment, said McMillan.

Last week, Siri responded saying McMillan did not know the facts in this case. She echoed Porter's concerns that council should remain silent to maintain objectivity as Schaker's board of appeal.

The NAACP is awaiting results of a departmental review of Schaker and Knight, deciding whether to lodge a formal protest, said Howard. McMillan, however, said organization's legal counsel well bring a suit against El Cerrito or District Attorney Gary for their roles in the investigation if the results are unfair.

Exodus...

Continued from page 1

The loss in property taxes were what prompted the city to adopt redevelopment districts, where sales tax revenue is hoped to be made.

Creagh said in a letter to the council that he was grateful for their support and has enjoyed his time here.

Creagh has also been credited with a key role in securing new office, retail and senior housing

developments.

Finance Director Paul Marangella accepted a job in Mammoth Falls, in mid-October, a resort town in the Sierra mountain range, near Yosemite National Park, said a councilmember there.

The town is a 25-square-mile community of 4,500 that bustles primarily with the ski season. It also has a golf course and ski area under development.

Homeless...

Continued from page 1

to clinics, he said, adding he knew of no other way an officer would transport an indigent who was not under arrest.

"I'm not saying that it hasn't happened at some point," said Nelson about Point Isabel, but neither he nor Chief Dan Givens knew of any instances. Furthermore, said Givens, taking panhandlers into Richmond is against department policy if force is used and any officer caught doing so would face disciplinary action.

The allegation adds fuel to a barrage of criticism the El Cerrito police department and the Contra Costa district attorney have faced since they jointly investigated Grigsby's accusations following the incident.

The anonymous officer said it would have been "totally out of character" for Schaker to beat up a transient, speculating that Grigsby probably fell while drunk. However, Grigsby did not smell of alcohol when he was found, according to the Richmond Police report, and had only been soaked in water up to his knees.

The officer also said Grigsby has assaulted El Cerrito police before, and attacked Officer Peter Statton within a month of the incident.

Another run-in came two days after Grigsby was given a \$10,000 cash settlement and bought a used Cadillac on Aug. 5, said the officer. Police found Grigsby asleep and intoxicated in the car in front of Food Bowl on San Pablo Avenue, the officer alleged. Rather than arrest him, however, they put him up in the Bay Bridge Motel, at their own expense, he said, to dry out.

The reason for the special treatment was two-fold, said the officer. Some believed the scene was a set-up by the press, who presumably hoped to catch officers abusing Grigsby. Others felt that Grigsby was under a "King's cross," meaning that officers should allow him a wide berth to avoid further controversy, said the officer.

Chief Givens later clarified the policy, said the officer, modifying it to mean that Grigsby should be given no special treatment, but that a supervisor should be present if Grigsby was arrested.

Givens would not confirm or deny the policy, but said, "The order did not come from me." He also warned that the anonymous officer, if found, could face criminal action for violating security laws if he ever revealed criminal histories.

He also refused to allow access to incident reports showing Grigsby's prior arrests, saying that arrest records and criminal history files are not to be released. Givens denied emphatically that any necessary records have been sealed to officers since the leak, however. They are still available on a "need to know" basis, he said.

Even if Grigsby has prior assault convictions, said Nelson, it is irrelevant because no one has suggested he assaulted anyone in this case.

No matter what Grigsby's prior convictions may be, said Nelson, "He did not deserve to be on the receiving end of the treatment that has been alleged."

An 800-page departmental review of Schaker and Knight, with Givens' recommendation, is now awaiting adoption by City Manager Ron Creagh.

Grapes...

Continued from page 1

guidelines and pose no threat to consumers. Union leaders, however, have attributed the use of the five pesticides — Captan, Paration, Phosdrin, Dinoseb and Methyl Bromide — as the cause of a number of deaths and ailments to farmworkers at three San Joaquin Valley towns. Union leaders say the pesticides are also responsible for cancer in children of farmworkers who live near the pesticide-laden crops.

The demonstration held at the Albany Safeway on Solano Avenue was not against the giant grocery chain, according to former Albany mayor Robert Cheasty, who organized the rally. He said the demonstration was against the state's grape growers, which has been the target of the boycott for the last four years. He said Safeway officials were asked to remove grapes from sale, but those requests were refused.

The picket signs went up to call attention to the grape boycott, said Cheasty. The most recent demonstration was held yesterday at a San Francisco Safeway. Pickets went up at Lucky's Lake Merritt store earlier this week.

In between press interviews, Cheasty led the picketers in a chorus of impromptu lyrics imitating the Safeway anthem: "They work an honest day and want a safer deal," as they marched in front of the store, which gave the picketers permission to assemble on the property.

More demonstrations at other locations are planned, according

to Cheasty, who was joined by about 15 of his Eastbay political colleagues and other supporters of the 300,000-member California UFW.

Among those attending the rally were aides to Assemblyman Tom Bates and Congressman Ron Dellums, who said that government was not doing enough to alleviate the plight of farmworkers with respect to pesticide hazards. Neither aide could be specific as to what the state and federal governments should do to protect agricultural laborers, only saying that the assemblyman and congressman were "looking at possible legislation."

Although some shoppers were dissuaded from buying grapes, many more were not. Among those who said they would continue to buy grapes was Albany Police Officer John Jordan, who said demonstrators were "blowing it out of proportion."

"I don't believe in people who tell (other) people what people should buy or not buy," he said. In an apparent affront to demonstrators, Jordan came out of the grocery store conspicuously holding a bunch of green grapes wrapped in nothing more than a clear plastic produce bag.

Local political leaders have organized three-day fast sessions. Siri had just ended her fast when she said she would try to get a resolution through the El Cerrito City Council in support of the boycott. She said she lost 10 lbs. as a result of her three-day fast. Cheasty said he had lost 7 lbs.

Begonias...

Continued from page 1

success the group has had with the annual event.

Maynard was also quick to point out that the group's concerns extend beyond begonias. "We're not just begonias," he said. "Next month's meeting is about irises."

While much of the merchandise appeared to be dragged out of basement boxes or crocheted by color-crazed grandmothers, some tables were jumping with business.

Wanda (no last name, just like Cher), of the Beth El Temple and Pentacostal Church, has been a Community Day regular for seven years. "This year it's going real good," said Wanda of her stand selling hot dogs, fresh roasted peanuts, and sweet potato pie. "It depends a lot on the weather."

Wanda's assessment was right on target. The event is one of the church's most successful fund raising efforts. Proceeds go to people in need who have recently suffered an illness or death in the family.

The Albany Little League, which sells t-shirts, sweatshirts, and baseball hats, expected to raise about \$2000 at the event. "It takes a lot of money," said

Fern Luoma. "This is just one of the things we do."

Money was not the only thing on people's minds. A number of participants were more interested in promoting their causes. Mike Setty of the East Bay Transit Coalition was out collecting signatures and arousing public interest in supporting a light rail transit line along San Pablo Avenue.

Setty, whose t-shirt had a map of the regional transit system printed on it, said "There are a lot of old bad ideas, and a lot of old good ideas, and we are trying to bring back one of the old good ideas."

At other tables, songs were sung for the world's ailing rain forests, voters were registered, scoutmasters recruited, and comic books, which preached the love of Jesus and explained why evolutionists burn in hell, were given away for free.

"The shopping center is basically a community shopping center," said Garvey. Community Day celebrates such neighborhood involvement. It is a way for the Plaza to give something back to the community which supports it, and a way for local residents to learn about and support their neighbor's work.



Above, Albany and El Cerrito leaders Bob Cheasty and Siri join protesters. Below, shoppers share the parking lot with boycotters protesting the sale of grapes that they say are full to migrant farmworkers.

Addition...

Continued from page 1

would be an improvement over the current plans, he said.

The commission did manage to squeeze in the rest of its agenda at the meeting.

Edmond Low, who could probably sympathize with Kaku's situation, went before the commission for the sixth time with drawings for a three-unit project at 587-93 Jackson St.

Although Low's revised drawings were a "tremendous improvement over what we've seen previously," in the words of Commissioner Jack Hogg, the commission decided the plans needed further refining and the application was continued until Sept. 13.

Approval was given to a second story addition at 928 Santa Fe Ave. and 1026 Pomona Ave. and to a secondary residential unit in the rear of 1507 Marin Ave.

Final changes were made on a letter to be sent to Mitts Termite, 906 Talbot Ave., the target of a number of neighborhood com-

plaints because of a company dump truck often full of debris and refuse from termite jobs is frequently parked on the street.

The letter notifies owner Jerry Wald that the truck violates zoning and health ordinances as do chemical and construction materials stored in the garage of the house.

The commission also decided to interview prospective consultants who will work with Cappio on revising the city's General Plan.

The consultant would be paid for by the Santa Fe Pacific Realty Company, to help accelerate the revision process. That company's development proposal for the waterfront is in part stalled by the lack of an updated general plan.

Resident Dario Meniketti, asked the commission whether the city was being pressured by Santa Fe and wondered if there was an ethical question to accepting the funding. He was told that the funding was made only to speed up the process and that there were no other strings attached.

Second hand...

Continued from page 4

Schuchwar believes that everyone in the secondhand business is doing the world a favor. "We are conservationists," she declared, "we of the flea markets, garage sales, resale shops and Salvation Army. We are such a throwaway society. People don't realize there is an end to the natural resources. Not only is it the material that's being used but the labor to make it." She held up a blouse. "Think

about how many hands that garment has traveled through its natural state." "A lot of people have an unrealistic view of resale. They think they can come the last minute and something for a special occasion. One girl came in at 4 p.m. with a dress for a party at 6 p.m. Secondhand clothes you have to allow extra time in case you have to fix it a little."

Money...

Continued from page 4

The minutes should explain why the transfer occurred. Who authorized it? When? What, in detail, did the corporation receive in return? If the corporation records it as compensation, why is

it compensation and not a dividend? In smaller corporations, where conflicts of interest can easily arise, the IRS will look to the minutes for justification of the board's actions.

Without doubt, Albany's Thomas is funny

By Bill McKenna

ALBANY -- "I never even thought I'd be a comedian. It was the furthest thing from my mind."

Warren Thomas is hurrying through a quick salad and pasta snack between comedy shows at the Other Cafe in San Francisco where he is headlining the Saturday night performances. A year ago the 29-year-old Albany High School graduate won the San Francisco Standup Comedy Competition and his career has been on the upward move ever since.

"It all started as a practical joke," he said. "A friend of mine was doing comedy at the Holy City Zoo here in San Francisco. I used to hang around and write jokes for him. One night, at an open-mike session, he suddenly introduced me as the next act. I wasn't really nervous -- terrified is a better word. But after my eyes unglazed I told a few jokes and just started talking. I guess I did OK. They asked me to come back."

Today Tomas divides his time between the Bay Area and Los Angeles, writing, performing in comedy clubs and playing concerts.

"I've been to New York City, Missoula, Montana and just about every place in between. Surprisingly, audiences are pretty much the same. What's funny is funny anywhere. What isn't, isn't. It depends on how you deliver it."

Thomas was raised in the Haight Street area of San Francisco, then moved with his family to Albany when he was 14 years old.

An outstanding athlete in high

school, he lettered in basketball and football and, on graduation, followed his basketball coach to Wenatchee Valley College in Washington where he played point guard for two years.

Wanting to play football again, Thomas' last two years of college were spent at Idaho State where, he says, "I studied a lot, drank a little beer...or was it the other way around?" A walk-on, Thomas played wide receiver.

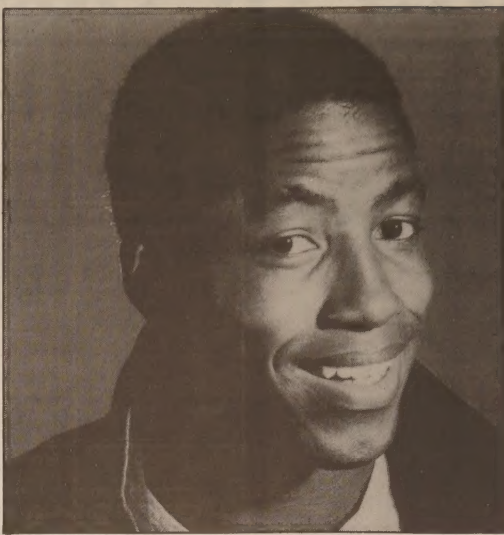
"I love football," he said. "Every year about this time of the season, I start getting mean. I want to tackle, block or sack somebody. So I go down to the BART station at commute time. Nobody notices. They think I'm late for work."

A Giants baseball fan since he was a kid, Thomas admits, "I guess I'm one of those diehard fans. I used to go out to Candlestick when the Giants lost most of their games. Nobody showed up. The good part was that each of us had our own personal beer vendor. But it was a little tough trying to do a wave."

Thomas is a genuinely nice guy who appears to feel lucky getting paid for just being himself. In a business where a lot of comics resort to anger and either scream at or insult their audience, Thomas, on stage, is smiling and laughing along with his crowd.

But his improvisations can be devastatingly honest and pointed and the crowd loves it. His humor succeeds because he coaxes us to hold up the mirror, dares us to take a peek, then laughs along with us at what we both see.

Thomas returns to Albany on Sept. 11 as the "Official Starter" for the People Chase, the benefit 10K and 5K fun run being held at



Comedian Warren Thomas, a former Albany High student, will demonstrate his jovial comic style when he is the "Official Starter" of the People Chase benefit run on Sep. 11.

Golden Gate Fields for Multiple Sclerosis and the Albany YMCA.

"I really think performers have a responsibility to give something back to the community or the hometown," he said. "I'm excited about the People Chase. It'll be fun to see old friend, kids I went to school with at Albany High and to challenge them to a lap around the track."

"I'll be doing a Laff-Warmup before the race. It'll be a different audience, people in running

shorts, knobby knees and shin splints. But I'm starting to train for it. I've been walking and jogging. And just last night I had a run-in with the landlord."

Thomas glances at his watch -- it's five minutes before it's back to work. On stage, being funny. For Warren Thomas, the job's easy. He's a very funny guy.

Bill McKenna is this year's chairman of the People Chase Committee.

And now for your last and certainly not your least area of concern: aspartame, known to most of us as "NutraSweet" (the food additive) or "Equal" when packaged as a sugar substitute. Even though *The Journal of Nutrition* reported recently that the two amino acids in aspartame (aspartic acid and phenylalanine) do not reach dangerous levels in the blood after consuming a soft drink sweetened with same, and thus concluded that the substance is safe for "normal" adults, should we rest easy?

What constitutes a "normal" adult? While aspartame is considered safe for diabetics, it is a serious hazard for people with phenylketonuria (PKU). This disorder involves an inability to metabolize phenylalanine. Foods containing this additive are required to carry a warning regarding PKU and screening of newborns for this disorder is required by all states in this country. Overconsumption of phenylalanine by persons with PKU can lead to mental retardation.

Other people considered at risk include: those with advanced renal disease and pregnant women with hyperphenylalaninemia (high blood levels of the above-mentioned amino acid). Aspartame could prove toxic to a woman's unborn child.

The FDA has established 50 milligrams per kilogram of body weight as an allowable daily intake. They estimate that most people will only consume 8 to 10 milligrams. A child weighing 50 pounds who consumes a 2 liter bottle of Diet Coke daily will exceed his/her safe level of intake.

Finally, we should be aware that aspartame decomposes and produces methanol in this process. While the FDA reports that the amount of methanol produced from the aspartame used in carbonated beverages does not present a health threat, they also state that, at high enough levels, methanol is a poison and can cause blindness.

Thank you again for your timely letter. For extensive information on this subject, please read *Real Food, Fake Food and Everything in Between* by Geri Harrington. A healthy, happy and safe Labor Day to everyone.

Please send questions and comments to *Grapevine*, P.O. Box 1624, El Cerrito 94530 or call Lynda at HealthBreak, 548-9312.

Gaucha Corner

By Andy Liu

By Andy Liu

It's time to put away the sun-tan lotion and put on shoes and socks. It's time for books to be crammed in bags, and for sand to be washed out of hair. In short, it's school time. But this school year is destined to be unlike any other.

Not only will the new Magnet School Plan be put into effect for the 1988-89 year, but there will be a lot of changes in the administration as well.

The Magnet School Plan will give students a wider variety of classes, and will let them have the choice of eight class periods, instead of last year's seven.

This will ultimately change the class scheduling, resulting in a five-minute passing period and 45-minute classes. First period will begin at 8:30 a.m. and eighth period will end at 3:10 p.m., with lunch from 11:55 to 12:40.

As if this change weren't enough, a big surprise is in store regarding the school's new administrators.

Many knew that Earl Boles, the Administrative Vice Principal, was leaving El Cerrito High School, but few knew Anna Blackman would leave also. Blackman, principal at ECHS for nearly six years, has been promoted to Assistant Director of Secondary Education of the Richmond Unified School District.

Replacing Blackman is Maria Robledo, the Instructional Vice President from DeAnza High School. As for the position of administrative VP, Terry Clark, the

Richmond District's Director of Music, will replace Boles.

Other changes include Becker's one-year sabbatical to acquire further computer skills. Mrs. Freddie Cannon's departure to Adams Middle School counselor and Rena H. transfer to DeAnza as a national VP in place of Robledo.

Taking Harari's place as of Students is Haidee Whitmore, former DeAnza High School graduate. She will be only three years older than Al Alexander, El Cerrito High School graduate and newcomer Wilson from Portola High. Among these changes, the whole assemblage of new teachers to teach the newly created classes.

Summer is over, and school is not the same. El Cerrito has lost a lot of dedicated administrators but has, fortunately, been blessed with new ones.

ECHS in new league
El Cerrito High has been into a new athletic league, longer called the Golden State Athletic League, it is now as the Bay Valley Athletic League. Last year the Golden State League had seven schools: Berkeley, Saddle River, Carondelet, Kennedy, Pinole Valley, Alameda and El Cerrito. Now, the league will consist of nine schools: Alameda and Kennedy were added, and Antioch, Ygnacio Valley and Vallejo were added.

Heal It Through The...

Grapevine

By Lynda Efros

Heal It Through the Grapevine is a regular column in *The Journal* by Lynda Efros, who is health educator, stress management consultant and proprietor of HealthBreak, a local health consulting service.

Dear Lynda:

Your column is precise, informative and hopeful! For several years I have had some concern regarding several food additives and one cosmetic additive. These had been mentioned several years ago as being possibly dangerous (one definitely so) in several publications. What is the status of these substances at the present time? Are they to be avoided?

1. BHA and BHT, antioxidants in food; the latter, amazingly, I've seen sold in health food stores. 2. Caramel color. 3. Carageenan, a natural substance nonetheless discovered several years ago as causing liver lesions. 4. Formaldehyde, a carcinogen which continues to crop up in Breck shampoo. 5. Aspartame.

I am definitely curious about these items because I have seen no current information on them. Can you enlighten me?

Sincerely,

Heywood Wakefield

Dear Heywood:

Thank you so much for your kind and informative letter. It is clear that you are a very health-conscious person looking for an update on your past research. Let's take a look and catch us all up.

BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene), which you mentioned as anti-oxidants, meaning that they interrupt food deterioration. They prevent oils from going rancid. BHA and BHT are used in cosmetics as well as in food and have been shown to be toxic and cause allergic reactions.

You might also be interested to know that at one time BHA and BHT appeared on the GRAS (Generally Recognized as Safe) substance list. With further study, 73 percent of the listed substances were still considered safe, 16 percent were probably safe but needed more information, and were recommended for restricted usage in the meantime. Five percent fell into the third category explained by the following quote: "Uncertainties exist requiring that additional studies be conducted." BHA and BHT were in that category.

Well, here's some good news. Natural colors still considered safe include: caramel color, beta-carotene (in natural form), canthaxanthine, ferrous gluconate, riboflavin, titanium oxide, carrot oil, fruit juices, grape skin extract and toasted and defatted cottonseed flour.

Carageenan is a derivative in Irish moss which has been used in this country since 1835 but which

gained its real popularity during World War II as a replacement for agar-agar (a Japanese stabilizer and thickener). It is also classified in the "uncertainties" category. Some of the uncertainties include the possibilities of mutagenic and reproductive effects.

Formaldehyde also may be used under the trade name Formalin. It is used not only as a preservative but also as a fungicide and to reduce bacteria count in solutions. Fortunately, it is not used with much frequency in cosmetics because it produces a very strong odor. Formaldehyde can cause allergic reactions, is considered potentially carcinogenic and definitely toxic.

It appears that the Breck chemists have found a way to mask this odor with a fragrance. (One more childhood image destroyed, as I remember very clearly the portraits of the "Breck Girl" in *My Ingenue Magazine* back in the '60's. She was the purest looking creature around, devoid of split ends. I, for one, would have never imagined that she was partially pickled.)

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An advertising feature

Business Scene

By Michael S. Holm

The Jacuzzi Street Complex has a new business that's really all about being old. **PINE PLACE ANTIQUES**, only open for two months, has brought our attention again to the beauty and simplicity of hand-finished European antique pine furniture.

Lois Flick, recently featured in the *Hills Publications* as a successful woman in business, has put many years of experience from the antique and practical refinishing industries to exceptional use in her showroom.

Originally from Chester Springs, Pa., where her mother also owns an antique shop, Lois has just recently relocated to the Bay Area from southeast Florida where she successfully ran antique businesses in Palm Beach, Boca Raton and Ft. Lauderdale.

Lois gained her practical knowledge of furniture refinishing and preservation while crewing on racing yachts around the world. "On the oceans with the elements you must be a master of detection and renewal," smiled Lois. "This strict attention to detail has had a great influence in how I refinish, renew and modify pine furniture in my showroom."

The high-ceilinged, naturally lit show room allows the pine pieces to be seen with more perspective than in the usual retail spaces. Complete bedrooms with side tables, armoire and bed frame can be seen, as can living and dining arrangements.

The beauty of pine, with its intrinsic grain and pattern, lends itself well to the California life style. A pine dining table with benches today is a look back in history when life was simpler and meals were a central gathering of the family.

And if what you are looking for is not on the floor, Lois has a portfolio of available items from her numerous European buying trips. Also, special items can be sought through Lois, and usually obtained within six to eight weeks.

"Our customers can come in and look through our photos or wait until a shipment comes in and then choose the pieces that would be best for their environment," commented Lois. "Or they can have me specifically look for a piece to finish a room or to be a focus in the house."

Also in Pine Place Antiques, a curious selection of antique accessories can be found: antique carved fruit bowls, high button shoe trees, full-size lamp post with light and several most unusual 5-foot musical bamboo poles (turn one upside-down for a very different melody).

Pine Place Antiques is a definite place on our excursion list. Whether it's a special TV entertainment cabinet or a 19th century painted border dressing table, you have an excellent chance of finding it here.

Pine Place Antiques is located at 5327 Jacuzzi Street in the Jacuzzi Street Complex just off I-80 at the El Cerrito-Central Avenue exit. It's next door to California Carpet Outlet, which happens to be owned and run by Lois' brother, Larry Flick.

Hours of operation are 10 a.m. to 6 p.m. Tuesday through Sunday; Mondays and other hours can be arranged. The showroom is open to the public and designers and industry professionals are also welcome. The phone number is 528-6936.

The newest haircutting on Piedmont Avenue, **CUTAWAY**, is what you expect from Glemby International senior trainer, Dong; but what is unexpected is the intriguing interior design his brother Hi Suk Dong.

Hisan opened his salon just last month after finding that Piedmont Avenue offered him "the artistic freedom to create and enhance the image of people who know what they want and what they want."

Hisan, who has trained staff personally, pays very attention to facial structure, hair texture to create the look that will be best suited to face and lifestyle.

This philosophy is enhanced by the product Hisan carries in his salon. Notable among them are Mitchell products; the L'Oréal systems with their rebalancing formulas and "Remede" products; the Sebastian and L'Oréal lines; and a new product manufacturer from Hayashi, that provides a hair conditioner and styling gel.

Oh, the interior. It's minimalist -- no distractions, no music, no loud art. A non-intrusive space where the main ingredient is the hair.

The Cutaway is located at 4062 Piedmont Avenue, Oakland and is open Monday through Friday 10 a.m. to 6 p.m.; Saturday 9:30 a.m. to 6 p.m.; and Sunday 10 a.m. to 4 p.m. An appointment is necessary; phone number is 547-3944. Other Cutaway locations in Berkeley and Shattuck Ave. in Berkeley phone 644-8380.

Chamber News

By Del Wisenor

Farewell, Ron

By Del Wisenor

EL CERRITO — Best wishes and good luck to Ron Creagh, city manager of El Cerrito, who is leaving the post after 6½ years of service as city manager for the city of La Mesa in Southern California.

The Chamber has had very good working relations with Ron under his leadership of the city administration. He has always been cooperative, not to say we haven't butted heads on a few points of view, but we have always had the betterment of our community in mind in all of our discussions. In his new position Ron will be a challenge: La Mesa has a population of 52,000 compared to El Cerrito's 23,400. We know he will accept this challenge well. Let's hope that he doesn't encounter too many immediate problems in La Mesa, other than the weather!

Watch out for kids

With the start of the school year this week, we can't stress enough the need for safe driving. Watch out for the lookouts for youngsters who will be out en masse. Parents, hopefully, will instruct their children on the safest way to school.

A recent encounter on the street proved to me that more than ever we must drive very cautiously. Be aware and be safe.

How do you spell relief?

Proposals to place the issue of a tax increase before voters in November are inching closer to legislative approval in the Senate Assembly. Several lengthy

meetings of the legislative leadership have been held over the last two weeks in an attempt to reach a consensus between members of the Republican and Democratic caucuses.

Gas tax redefined

Republicans introduced ACA 69 (Nolan) which contains their proposal to be put before the electorate. This constitutional amendment redefines any new taxes on motor vehicle fuel above the existing nine cents per gallon state tax as a user fee, and excludes those revenues from the constitutional limit on state spending.

ACA 69 then asks the voters to approve an increase in the gas user fee of two cents for state projects and one-cent each for city and county projects. Each year for the next four years the new gas users' fee would be increased one half cent for state uses and one fourth cent for each city and county project. This program could generate as much as \$1.1 billion annually by 1993, to be spent on state and local transportation projects.

A dollar short

The California Transportation Commission, the state agency that approves specific highway projects, estimates that California is already \$1.6 billion short of necessary revenues to fund the

five-year state construction and maintenance program already approved. In addition to this shortfall, there is a mounting backlog of unfinished projects at the city and county level.

The Assembly Transportation Committee will consider SCA 13 (Dedda), which defines any new tax on motor vehicle fuels as a user fee and allows the expenditure of those funds outside the state spending limits. SCA 13 has yet to be tied to any specific increase in the gas tax.

Governor Deukmejian has also provided encouragement that voters may soon be able to voice their decision on the gas tax. In a meeting with representatives of Californians for Better Transportation, including California Chamber President Kirk West and Executive Vice President Dave Ackerman, the governor restated his position that although he personally does not favor an increase in the gasoline tax, he could allow a measure to be placed on the November ballot which would provide for a direct public vote on the issue.

In a recent public opinion poll released by Californians for Better Transportation, 70 percent of respondents supported increased spending on state and local transportation projects and 57 percent said an increase in the gas tax was the best way to raise the money.

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Community Folk

By Clara-Rae Genser

Filling seniors' gaps

By Clara-Rae Genser

ALBANY -- Opportunity does not knock for Sheila Becker. She is there before it, making it happen. She has created her jobs and effectively and successfully carried them out. So it is today with a new organization that will fill in the many gaps for the older American, gaps still left by excellent organizations such as senior centers and The Gray Panthers.

It was while she was working with Assemblyman Tom Bates' Silver Opportunity Task Force that she discovered this incredible range of service gaps and needs. It was then that the idea of a new and vital organization to be known as RPAC became the focus of her tremendous drive and energy.

But before we get to that — and we must — who is Sheila Becker? And why?

Born and raised in Tel Aviv, in Israel, Sheila was of the generation known as the Sabras — first generation native Israelis. She was brought to North America just before she turned 11 years of age. Alex Becker came from Poland to Canada just before his 12th birthday. Both were only children, both immigrants and both grew up in Canada. They were educated in Canada, attending McGill University in Montreal, where they met. There was a difference. Alex came to Canada an orphan after having been in one of Hitler's detention camps.

They came to this area when Alex Becker, a geophysicist, was invited to come as a consultant. Sheila used the time to earn her certificate in gerontology. Later, after a sabbatical during which they returned to Canada, Alex Becker was offered tenure at UC so they returned to stay.

Interestingly, two of their children were born in Canada and one in France where Alex was doing his post doctoral work. Mark was therefore a French citizen and as such was called into the French army. At the present time Sheila and her sons are U.S. citizens. Alex is in the process and Eleanor is not yet. "We feel a great deal of gratitude to Canada," Sheila says. "After you have floated

about as an immigrant you become attached to a country that accepted you."

Before studying gerontology Sheila was a psychologist, working in a school for the deaf in Canada. She was uncomfortable with the various options offered to deaf students, oral options only. No signing. When they came here she found the deaf agencies very politicized. If you did not have a relative who was deaf or you were not deaf yourself, you definitely were not welcome. Casting about for more meaningful work, Sheila used Richard Boles' *What Color Is Your Parachute?* "I worked on it for a month, several hours a day," she says and that is how she decided on gerontology. She finished the course, received her certificate and interned for the Friendly Visitors program the Home for Jewish Parents, which is not the North Berkeley Senior Center, and the Berkeley Mental Health Clinic as well as the Over 60's Clinic.

Back in Canada she couldn't find a job in that field and returned to the school for the deaf as a psychologist. When they came back here some volunteer activities led her, finally, to the Berkeley/Richmond Jewish Community Center where she found there wasn't much going on. So she phoned 120 people out of 160 members who were senior citizens. She did a survey of the needs of these people and worked for 16 months as a volunteer. Thus was born the REAP program at the center, a program for seniors of classes, lectures, music (a Yiddish chorus), entertainment and twice weekly lunches for the seniors. Sheila headed this program for some time until it was no longer a challenge.

It was then that Becker joined the Bates Task Force where she did extensive research into retirees' resources. "With people living longer and living healthier lives," she says, "retirement is obsolete." She cited corporations dumping people 50 and over as one of the serious problems. When the baby boomers hit 60 in the year 2000 there will be 76,000,000 more so-called elderly.

There has to be a re-definition of age, she feels. Fifty to 75 will be the upper reaches of middle age and there will be young-old at 75 rather than the present 60. Also many people still have to work so there are economic needs.

Sheila Becker's answer is RPAC — Retired Persons Action Corps. This groups will be looking at some ways to redefine retirement as a new chapter rather than the end of life. She sees RPAC as an umbrella group, a place where retired people will address their social, personal and career needs; dealing with no longer being a part of the market place, with not being needed, being isolated; an organization to help them talk about that, to get out of that experience.

Presently retirement counselors teach you that you are supposed to love it, that if you aren't happy play golf and cruising you had better see a psychiatrist. They help with advice on financing travel and life style. This leaves many people feeling wanting. Why are they not adjusting? Is there something wrong with them? With RPAC people will be able to release a lot of frustration and channel it into new directions, positive directions.

With her core group Sheila has identified 5 focus groups: 1. Career opportunities; work opportunities, training, placement and public education about resources; 2. Education, creating an emeritus college for the East Bay; 3. Special interest groups will address any of the personal needs and activities of the members, social interests, hobby interest and personal developments; 4. Community action; and, 5. Organization, the self administration of the organization.

After a year of research, Becker says, "I have a road map I can provide as to what is happening in various areas and departments." With a particular interest in the career opportunities field, she finds that there is a lot that needs to be done including up-dating of skills and the selling of the benefits of their skills.

She cites the retiree who is no longer the organization man, no more career loyalty, who is a retiree only because of age, who had work ethics and company loyalties that are hard to change, and is not eager to move. She would explore the possibility of companies hiring such people on a permanent part-time basis. For instance, there are some people who work one week a month. This works well for people who would avoid the stresses, who want to be able to travel, plan

Continued on page 10

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S.F. to hold state's big plant sale

The state's largest sale of California native plants will be held 10 a.m. to 2 p.m., Saturday and Sunday, Oct. 8 and 9 at the Merritt College horticultural area.

The 22nd annual sale of the San Francisco Bay Area Chapter of the California Native Plant Society will feature more than 8,000 plants of more than 350 species and varieties of trees, shrubs, vines, ferns, perennials, grasses and ground covers. In addition, books, posters, botanical art and numerous packets of seeds and bulbs will be sold.

The plants available at the Oakland sale range from those suited to humid, foggy coastal conditions to those that prefer the hot, dry summers of the inland valleys. Many of the plants to be sold are difficult or impossible to find in commercial nurseries. Included are dozens of different varieties of manzanita (*Arctostaphylos*) and California wild lilac (*Ceanothus*).

Experts from CNPS will be at the sale to assist in plant selection.

This year's exceptionally long dry season will make California native plants especially attractive to the state's homeowners, gardeners and landscapers.

New this year is CNPS's detailed five-page guide to the plants in greatest supply at the annual sale. The guide gives the eventual size of each plant as well as its sun/shade preferences (for both California coastal and inland locations), water requirements and drought tolerance and other growth qualities, such as deer resistance and soil or drainage needs.

For a copy of the guide, send a check for \$1, payable to CNPS to cover printing and mailing costs, to Mike Ross, 562 Lorren Way, Livermore 94550.

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E S I G N

Club Corner

By Eileen Leon

El Cerrito Rotary Club

Captain Gordon White of the El Cerrito Fire Department will present a film on fire extinguishers at the Sept. 1 meeting. The film was purchased by the club as a public service.

El Cerrito Rotary meets at the Cerrito City Club on Thursdays at 12:15 p.m.

El Cerrito Art Association

The association will meet at the Community Center Garden Room at 7:30 p.m. on Sept. 12. After the general meeting Dorcas Moulton will demonstrate portrait painting in pastels. Visitors are welcome.

September Art in the Park will be on Sept. 18 at the Arlington Clubhouse. The public is invited to the display of paintings in all media.

For further information on ECAA activities call 525-2332.

T.O.P.S.

Berkeley Chapter 539

TOPS--Take Off Pounds Sensibly--will hold an open house on Sept. 19 at the Albany Methodist Church, 980 Stannage Ave. Weigh-ins will be conducted at 9:30 a.m. followed by a program. Everyone interested in weight reduction is invited. Call 526-4422 for further information.

Contra Costa County Genealogical Society

Tracing Missing Heirs is the title of speaker John Ferris' program at the Sept. 14 meeting. He will explain the application of her methods to tracking elusive ancestors.

The meeting will be held in the Concord City Council chambers. The public is invited. Call 682-8240 for further information.

California Retired Teachers

The annual training session for division officers will meet at the Clarion Hotel in Millbrae on Sept. 9, 10 and 11. Under discussion will be scholarships for new teachers, use of the oil rich Elk

Hills area which is a federal grant to be used as school lands and health insurance for retired teachers.

Helen Pence, president of the West Contra Costa Division No. 58, Carol Ozanich, Nine Beaver and Ina Briggs will represent the local division at the session. The delegates are retirees of the Richmond School District.

Fraternal Order of Eagles Bayview Aerie & Auxiliary

The regular monthly fish fry will be held on Sept. 2 at 6:30 p.m. A yard sale to benefit the Jimmy Durante Crippled Children's Fund will be held from 9 a.m. to 4 p.m. Bingo games will be held Sept. 12 at 7 p.m. and on Sept. 15 at 7:30 p.m. to benefit child abuse projects.

The public is invited to these events which will be held at the Aerie Hall in El Cerrito. For more information call 525-0444.

East Bay Amateur Radio Club

There will be an auction of radio equipment at the club's regular meeting on Sept. 9 at 8 p.m. at the Slavation Army Church in Richmond. Anyone interested in ham radio is welcome at club meetings.

For further information write to P.O. Box 1393, El Cerrito 94530.

El Cerrito Garden Club

Gardening with Native California Plants will be the subject of the meeting on Sept. 8 at 9:30 a.m. at the El Cerrito Community Center. Speakers Linda Price and Peggy Grier, who chair the California Native Plant Society's growing area and plant sale at Merritt College, will offer their knowledge of the largely drought-resistant plants and offer some for sale.

The hostesses will be Dorothy Lum, Rosario Parks, Lovie Amos, Mary Skells, Enderestine Creighton and Esther Sergeant. Flower arrangements will be by

Lovelle Niehaus and Mary Hall. Visitors are welcome. There is a \$2 for non-members.

The program is the first in the club's 1988-89 season theme of Preserving Our Living Legacy. Later programs include market gardening, holiday floral arrangements, 1000-year-old trees in 20th century sculpture, native trees and camellias, the Blake garden and the East Bay Regional Parks.

A field trip to the Antonelli Brothers begonia gardens in Santa Cruz will be held on Sept. 1. The club also plans a trip to a miniature plant nursery in Occidental next April and a trip to the Empire Mine State Park and gardens in Grass Valley in May.

Golden Gate Audubon Society

Rick Palmer will present a program of slides on projects of the San Francisco Bay Bird Observatory at the Sept. 8 meeting at 7:30 p.m. at the Northbrae Community Church in Berkeley. Palmer is a volunteer photographer for the society.

Visitors are always welcome at Audubon Society meetings.

American Legion Albany Post 292

The Post will hold its annual barbecue steak dinner and dance on Sept. 10 featuring New York steak, baked potato, fresh corn on the cob, salad, French rolls and a sundae for dessert.

The Tulsa Liars will play for dancing and listening pleasure. Tickets are \$12.50 each. Cocktails are at 6:30 p.m., dinner at 7:30 and dancing begins at 8:30 p.m. Reservations are a must. Call Roy at 526-2891 or Ray at 237-3427 to reserve.

The Veterans Administration now has a toll free number for veterans with questions about their government life insurance policies. Call 1-800-422-8079 between 8:30 a.m. and 5:30 p.m. EDT.

On The Calendar

Bread Dough Sculpture classes will be offered as part of the new season at the Albany Adult School. Instruction in making Christmas ornaments, bread baskets and gifts will be given by an experienced instructor. The fee is \$19 for four weeks. Most adult school classes are held at Albany High. For information call 526-6811.

The Kensington Senior Center is again offering a class on how to organize and write a life history taught by Joan Hodgkin, published author and counsellor. The classes, from 1 to 2:30 p.m. Thursdays, will be limited to 12 people.

On Sept. 1 Dr. Robert Raabe, horticulturist from UC, will lead a discussion on gardening.

The center meets Thursday from 9:30 a.m. to 2:30 p.m. at the Arlington Community Church.

The First Annual Art Contest and Fourth Annual Pumpkin Giveaway, sponsored by Mason-McDuffie Real Estate, Inc., in Kensington, will award prizes to elementary school students in two categories, kindergarten through 3rd grade and 4th through 6th grade.

First prize is \$50, 2nd prize, \$30 and 3rd prize, \$15. The company will match each first prize with a \$50 donation to the Kensington Youth Hut.

The contest theme is Halloween. Entry deadline is Sept. 30. Winning work will be displayed at the Youth Hut Open House on Oct. 16.

Call 526-5243 for more information.

Richmond Art Center begins its fall program on Sept. 13. Over 55 classes and workshop will be offered for people of all levels of experience.

A series of evening classes for working adults during the week and weekend workshops, children and teen classes will be held at the Center in the Civic Center Plaza in Richmond.

REAP, a program for older adults at the Berkeley Richmond Jewish Community Center, continues through the fall with programs and hot kosher lunches in the center auditorium, 1414 Walnut St. in Berkeley. Feature programs begin at 11:15 a.m., lunch at 12:15. For more information call 848-0237.

The center will be closed Sept. 5 for Labor Day.

The Widows' Network, a support group for widows and widows of all ages, will move to larger quarters at 2116 No. Main, Suite B, Walnut Creek. Their new phone number will be 256-7952.

The Albany Senior Center needs volunteer drivers to deliver meals to the homebound elderly in Albany. The service often makes it possible for men and women to remain in their homes. Most delivery routes can be completed in an hour.

Call Jean Allen, center director, at 528-5728 to help with this worthwhile program.

The Allemande Leftists, a square dancing group, offer a beginning dancing class on Sept. 6, 13 and 20 from 7:30 to 9:45 p.m. for singles, couples and

families at the Thousand Baptist Church in Berkeley. The Young People's Symphony Orchestra will hold auditions in all sections. The Berkeley-based orchestra, under the direction of David Ramadano, provides training and performance opportunities for young musicians from 13 to 21 years of age. For more information call 843-1000.

The Rape Crisis Center Western Contra Costa needs volunteers for counselling, public speaking, victim advocacy and assault investigation. A free 40 hour course teaching these skills begins on Sept. 27. For more information call 236-RAPE.

The Richmond Annex Center will hold a Plant and Sale on Sept. 3 from 9 a.m. to 5 p.m. at 2927 Carlson Blvd. Cerrito. Hundreds of paper hard back books will be available as well as bargains in kitchen and appliances, clothing and jewelry.

The UC Department of Music holds Noon Concerts by students and faculty Wednesdays in the Hall. On Sept. 7 traditional music of West Africa will be played by the African Music Ensemble directed by C. K. Ladzekpo.

The Albany Coop will be starting its 52nd year in accepting applications for the fall session. For more information and registrations call 524-6717, mornings, or 525-5718, afternoons.

The Youth Touch Football League sponsored by the El Cerrito will hold sign-up at the Community Center on 14 and 15 from 3:30 to 8:30. The league begins Sept. 19.

Bye, bye, Bernet Au revoir, Bernet Ham has been fun working with Good luck in your studies. As always thank you for calls and letters. Do keep coming. Suggestions and letters at 555 Pierce St., Albany 94706 or call 525-4242.

Folk...

Continued from page 9
holidays with family, who want flexibility. Once they make a deal to work, they will work. Sheila held a public information

meeting on Aug. 27 leading to a planning period which will begin in September. She is looking for people who want to be involved in the planning—builders, blue print makers. And she will succeed.

Study on tap water and pregnancy planned

State health officials are planning a more detailed study of the effects of drinking tap water on pregnant women in the wake of an earlier study that suggested it might increase the risk of miscarriages and birth defects.

The study was initiated by the state Department of Health Services after a leak of toxic chemicals was uncovered in 1981 near an underground waste solvent storage tank belonging to the Fairchild Camera and Instrument Co. in San Jose.

Dr. Raymond Neutra of the Epidemiological Studies Section of the state Health Department says there was not enough evidence to issue a warning to pregnant women not to drink tap water.

"We said at the time we didn't have enough evidence to offer advice," he said. "But we felt that the public had the right to know what the initial studies show."

Neutra said the more detailed study of the effects of local water sources on pregnant women is now in the planning stage. He said state health officials will attempt to interview approximately 10,000 women early in their pregnancies.

Neutra said women seeking prenatal care at local hospitals will be recruited for the new study.

In December, 1981, it was discovered that a well supplying drinking water to the nearby Los Paseos neighborhood was contaminated by high levels of the solvent trichloroethane. The department's Epidemiological Studies Section and the Santa Clara County Health Department began interviewing pregnant women in the area to see if consumption of that water had adverse effects on their pregnancies.

Similar interviews were also conducted in San Mateo and Alameda counties.

Two studies—referred to as the "Fairchild studies"—were conducted, one to determine the results of all pregnancies during the time of the study and another to examine heart defects in infants throughout the county.

The findings of the first study

raised some questions.

According to the results, first released in 1985, women who reported drinking no tap water during pregnancies had unusually low miscarriage rates (zero to 7.7 per 100 pregnancies) compared to an average of 8 to 14 per 100. Birth defects were also down slightly for women who drank only bottled water.

Women who did drink tap water had higher miscarriage rates than those who used bottled water, but not higher than expected. Birth defects also appeared more frequently but still remained around average, the study said.

Studies on the effects of showering and bathing in tap water and the use of water filters on tap sources were inconclusive. Investigators also did not determine whether one brand of bottled water was safer than others.

The authors say study results may have been altered by "recall bias" in which women with

adverse pregnancies were more likely to recall drinking tap water during pregnancies. The study was conducted in areas where people may have been concerned about their water due to publicity surrounding the Fairchild leak.

The results of follow-up studies with similar results were combined with the Fairchild studies data and released in a summary report in May of this year. Researchers described that release as a progress report.

According to Neutra, South Bay residents will be included in the new study, along with residents from two other sites not yet chosen. He said researchers are looking for one community that uses ground water and another that uses surface water, adding that San Francisco and a city in the East Bay are likely sites.

He said the study will probably get underway next spring.

Church Notes

Grace Lutheran Church, 15 Santa Fe at Ward, Ralph L. Moellering, Ph.D., M.S.T.

The sermon by the pastor is Putting on the Armor of God at the 10 a.m. worship service on Sept. 4.

Sunday school and bible class are at 9 a.m.

El Cerrito United Methodist Church, 6830 Stockton Ave., El Cerrito. Gary E. Pope-Sears, Pastor. 525-3500.

The Sunday worship service on

Sept. 4 is at 11 a.m. with Pope-Sears presiding. The Bible Class and Special Division classes will meet at 9:30. The Children's Sunday School will be at 10 a.m.

Pastor Gary will have a ment with the Children and there will be child care available for children of all ages.

Mira Vista United Church of Christ, 7075 Cutting Blvd.

Continued on page 11

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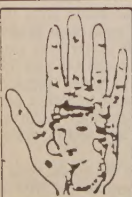
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Berkeley Shakespeare offers a modern-day Timon of Athens

By Jeanette Borzo
Bay City News

The Berkeley Shakespeare Festival opened *Timon of Athens*, updating the Bard's drama with a precision that should strike close to home for most Bay Area theatergoers.

An unsuspecting spectator might judge security in the out-

Stage

door arena a little lax before the play begins, what with a street scene flagrantly wheeling her treasure-laden shopping cart up to the stage and poking her way around the audience and their picnic din-

ers. But clearly, in the festival's John Hinkel Park location, all the world is a stage and where reality ends and the footlights begin is not as clear as one might imagine.

Director Julian Lopez-Morillas makes several strong choices in this show, including the portrayal of a lead character as a bag lady.

He also gives two important male roles in this drama to women, a choice that in this context knows no wrong.

Timon, played by James Carpenter, has his work cut out for

indications of emotion rather than from the upbeat fast-paced beginning to the taxing, almost nonstop second half. Carpenter's acting and diction are up to the challenge.

Timon is flanked by Flavia, a financial adviser, and Apemanta, something of a social curse.

Ann Houle plays Apemanta — energetically, although somewhat vocally under-projected — as a caustic, cynical bag lady who criticizes Timon when all others fawn over him, or rather over his money. As Flavia, Lura Dolas is somewhat too amiable and accommodating with predictable than genuine portrayals.

Lopez-Morillas creates a strong show with an attention to detail. The servants to Timon's creditors, for instance, create images in their gray suits and nicely choreographed snapping briefcases.

Several key scenes make a lasting impression, like Timon's toying with the poet (Charles Sanders) and painter (Jeff Klein) as the three greedily hover over Timon's chest of gold. Lines that might regularly be spoken in unison by the two dolts instead follow humorously on each other's heels like delayed reactions, adding to the scene's comedy.

Timon and Apemanta have a

wonderful time in a verbal sparring scene that confirms that even in Timon's pitiful state, Apemanta is still miserable company. Their lines — some of Shakespeare's choice insults like "thou issue of a mangy cur" — are delivered with biting vigor.

Overall, the large cast displays impressive consistency. Jeffrey King is a virile lively Alcibiades, Diane Robinson is stinging as one of Timon's false friends and Stephen Weingartner makes an eloquent senator. All have a notable command of their Shakespeare diction.

Gene Lewis' original music is an important contribution to the show. It pinpoints the mood in every instance and enhances, rather than dominates, the action.

While the set may look a bit sloppily constructed during the first part of the evening, the reasoning is more than justified later. Michael Cook's design is attractive and functional, impressively so in the second half of the play. The banquet scene is cleverly, quickly and attractively set.

Timon of Athens continues in repertory at John Hinkel Park through Sept. 17.



Rare Russian photographs

Russian photographer Sergei M. Prokudin-Gorsky, commissioned in 1909 by Czar Nicholas II to portray the vastness of imperial Russia, smuggled 2,500 negatives with him when he fled the Revolution-torn Soviet Union in 1918. A collection of 122 of these rare photos will be on display for a month beginning Sept. 6 at U.C. Berkeley's Bernice Brown Gallery in the Doe Library. The photo above is part of the exhibit.

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Area women win opera awards

Two young Bay Area women are the recipients of Merola Opera Program awards for their overall performance during a 10-week training program under the San Francisco Opera Center.

Operating under the auspices of the San Francisco Opera, the 34th annual Merola Opera Program recently rewarded 16 students for their hard work with awards and study grants of varying amounts.

At the Merola grand finals performance, Reveka Mavrovitis, 25, of Danville, and Alexandra Tsoku, 26, a Stanford University graduate, received the \$2,500 Florence Bruce Award and the \$2,500 Richard F. Gold Career Grant, respectively.

Other winners included LeRoy Villanueva with the Schwabacher Memorial Award of \$4,000; Patricia Lynn Racette with the Mr. and Mrs. Bernhardt N. Poetz Memorial Award of \$3,750; Catherine Keen with the Il Cenacolo Award of \$3,500; Tod Kowallis with the Jean Donnell Memorial Award of \$2,000; Craig Estep with the Leona Gordon Lowin Memorial Award of \$1,500; Susan Miller Hult with the Otto Miller Memorial Apprentice Coach Award of \$1,500; Jay Rozendaal with the Andrew Meltzer Memorial Award of \$1,500.

The \$1,000 Kent Family Award went to Catherine Keen; the \$1,000 Gropper Memorial Award went to Craig Estep; the \$750 Bernard Osher Foundation Award went to Xin Wei Zhang and Gu Ping; the \$550 Austin Morris Family Award went to Donald Christensen; the \$500 Karl Kritz Memorial Award went to LeRoy Villanueva; the \$500 Leonardo Da Vinci Society Award went to Kristopher Irmiter and Tod Kowallis; and the \$150 Richard Strauss Opera Study Award went to Pamela King.

Church...

Continued from page 10
Cerrito. Rev. Nancy M. McKay, Minister. 234-0110.

Rev. McKay's sermon at the 10 a.m. service on Sept. 4 will be *Sacred Time in Sacred Space*. The sacrament will be served in the pews and the special Diaconate Fund Offering will be received.

The church will hold a *Bazaar and Flea Market* on Sept. 10 from 9 a.m. to 3 p.m. Hand crafted items and delicious baked goods will be for sale. There will be games and a silent auction.

First Church of Christ Scientist, 601 Lexington Ave., El Cerrito.

Sunday service and Sunday school convene at 11 a.m. The subject for Sept. 4 is *Man*.

The Wednesday service is at 5 p.m. The reading room is open Mon. to Weds. from 1 to 3 p.m. *The Monitor* and books may be read, borrowed or purchased.

Everyone is welcome. There is free parking and child care.

Meyer Vaisman's works

Alienation in U.C. exhibit

By Jennie Hammett-Cook

"Mother, Mother! Here I am, Mother," he said to the big thing. But the big thing just said, "Snort."

"Oh, you are not my mother," said the baby bird. "You are a Snort. I have to get out of here!"

—from *Are You My Mother?* by P.D. Eastman, Random House, New York, 1960.

It gets more and more difficult, these days, to find your mother. Even the baby bird in the Eastman book had to search — asking a plane, a cow and a snort.

The work of Meyer Vaisman, on exhibit at the Matrix Gallery at the U.C. Art Museum through Sept. 25, reflects this uniquely modern alienation dilemma of being so far removed from Mother

Earth (and perhaps literally from Mom herself) that we must search for all sorts of substitutes.

Vaisman uses an enlargement of Letratone canvas weave (from an adhesive-backed pattern sheet) as background on all the pieces featured in the show, and similar mechanical reproduction techniques as well. All of the effects here snowball into one big modern art/modern world lampoon.

One of the most striking pieces is "Still Life with Portraits," a work done with imprints of empty antique collectible containers, each emblazoned with a portrait of an anonymous but meaningful someone.

The assemblage of these containers is a statement about collecting things — it's a substitute for real emotional attachments made to other living things

(human beings, for example). Part of the piece consists of blank frames with no images.

Emptiness and the sense of absence is a key theme in all Vaisman's work, especially "The Graying States" and "Painting of Depth" (both of which feature axle grease), and, of course, "Still Life With Portraits."

The sterility of these pieces, stemming from mechanical reproduction techniques and the enlarged representation of canvas (symbolizing mass production), as well as the stacking of canvases (resembling stacked mattresses, a la *The Princess and The Pea*) gives the viewer the impression of looking into a mirror reflecting a mirror reflecting a mirror.

All of the reflections show mirrors, revealing only a void.

Doctors urge women test early for cancer

"Out of each 100 mammograms, one or two cancers are found, and a woman's life may be saved," notes Dr. Ralph Smathers of Stanford Medical Center. That's the rate of finding breast cancer at an early stage, when a cure is likely, using this lifesaving procedure.

Mammography is safe and generally painless, although women who experience breast tenderness during their menstrual period should schedule their mammogram for the two weeks after their period, rather than before, Smathers says. The radiation exposure during the X-ray is medically insignificant, he adds.

Self breast exams are a good idea in addition to mammography, but Smathers

emphasizes X-ray screening often picks up cancer earlier, when it is curable.

Smathers recommends that all women have mammography once before age 35 to establish a baseline and then once every year after that. Smathers thinks its safer to begin the test before 35, slightly earlier than the American Cancer Society's advice for a first screening between 35 and 40.

"I think an early start offers additional protection, because 8 percent of breast cancer occurs before age 40. Having the exam every year after the baseline is easy to remember and safer than a two-year interval," says Smathers, an assistant professor of diagnostic radiology and chief of the mammography section at the Medical Center.

ACT drama provocative, entertaining

By Janis Michaels
Bay City News

No End of Blame, a play by Howard Barker about the tyranny of government over artistic purity, is thought-provoking and entertaining.

The show, produced by Encore Presentations, is being presented in San Francisco's intimate A.C.T. Playroom theater.

Written by one of Britain's most popular playwrights, the play has the richness and significance of a fine work of literature. Quick volleys of dialogue turn up pithy philosophical questions that resonate deeply within an atmosphere of humor and poignancy.

Bela, a Hungarian artist born in 1898, has an unadorned passion for creating cartoons that protest the evils of the day. His struggle to communicate truth brings him face-to-face with some formidable antagonists — beauty, revolution, nationalism, youth and spirituality — which he encounters in Hungary and when he leaves his country and goes to Russia and England.

His confrontations tend to create some interesting juxtapositions — art versus sex, poetry versus death, inhibition versus violence. Some of the smaller moments added beautiful embellishment; one such touch was Bela drawing stocking seams on the legs of his lover at the end of the second scene.

The cast, mostly local actors and A.C.T. advanced trainees, was exceptionally good. Many of the performers were double-cast and showed remarkable versatility. Their abilities of transformation were especially appreciated, since the lead character's various situations were like variations on a theme, and seeing the same faces in different roles added to the pattern and repetition.

Sycamore Congregational Church, 1111 Navellier St., El Cerrito. 525-0727. Henry Ishizuka, *Eigobu moderator*; Sumie Kuramoto, *Nichigobu moderator*.

The church will hold a bazaar on Sept. 11 from noon to 6 p.m. Japanese food, door prizes, games, white elephants, hand-crafts and pastries will be available.

Unity Church, 351-28th St., Richmond. Warren and Marguerite Meyer, Ministers.

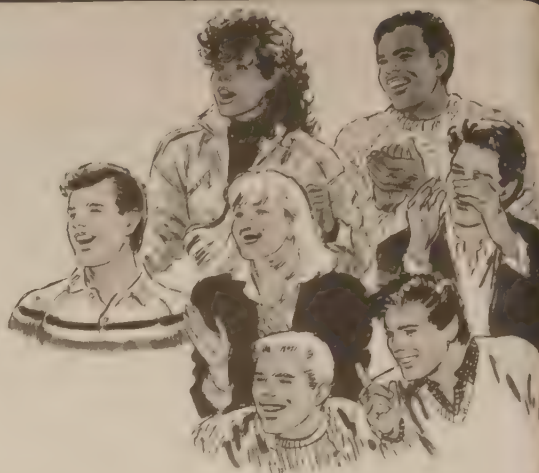
The subject of the adult worship service at 11 a.m. on Sept. 4 is *The Sacred Secret*.

On Sundays *Peace Power Prayer*time is a 10:30 a.m. and youth education classes are at 11 a.m.

Arlington Community Church, 52 Arlington Ave., Kensington. Senior Minister Ken Barnes.

The 10 a.m. sermon by Senior Minister Barnes on Sept. 4 is *The Art of Savoring*. There is also a meditation and healing service in the chapel (off Rincon Avenue) 6 p.m. Sundays.

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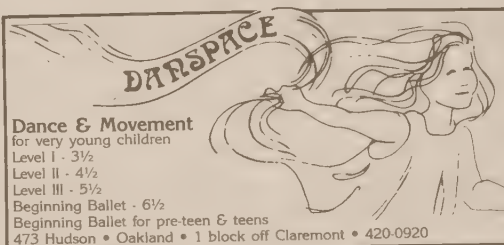
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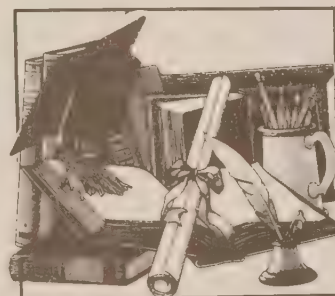
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Wegman's "Polaroids and Videos" exhibit draws chuckles

By Thomas Gladysz
Bay City News

Giggles and laughter may very well greet you in the galleries of the San Francisco Museum of Modern Art where "William



Wegman: Polaroids and Videos" is currently on display.

Wegman came to be known initially as a painter associated with the minimalist and conceptualist movements of the 1960s. He has worked in a variety of media including drawings, photography and video. (The often funny "The Best of William Wegman" and "Dog Baseball" are included in the video portion of the exhibit).

In 1979, Wegman was invited by the Polaroid Corp. to use its large-format camera that produces 20-by-24-inch instant color prints of outstanding quality.

Wegman chose as his subject his Weimaraner dog, Man Ray.

The delightful "working relationship" that Wegman and Ray developed resulted in *Man's Best Friend*, a book that featured some of these very popular photographs.

With the death of Ray in 1982, Wegman put aside this aspect of his art, resuming it a few years later with the acquisition of another Weimaraner, Fay Ray. More than just dog photos, the Polaroids are infused with an artistic sensibility springing from Wegman's impish, dada-tinged conceptual art. Wegman is an articulate and often witty artist.

In a recent interview, Wegman discussed his use of the two dogs in his photography.

He said in the early years of his photography he used Man Ray more formally — as a "pointer," using the dog's pointer instincts.

"I remember once I did a piece with Ray, my wife and the drawing of a cat," Wegman said. "It's all permutations on where their eyes could look: at each other, both at the cat, the cat at both of them."

Wegman said that in an odd way he thinks of the dogs in sculptural terms. "The slide where Ray is standing on computers is almost like the computers are pedestals and he is a sculpture," Wegman said.

As to how he gets the dogs to pose, Wegman said each had a different personality and took different techniques. "First I kind of tricked them into doing things, especially Ray as a puppy. He was so drawn to having two floodlights and a camera on him that he would look right into it," Wegman said. He added that Man Ray, especially, knew when they were doing a video and when they were doing a Polaroid shoot.

Wegman said Man Ray was always interested in the ideas being presented to him — "the possibility of cats, or going to a park and so forth."

"With Fay, she is ball obsessed. I use a ball and she's glued to

it," Wegman said. "With the ball, there are a million nuances you can get. She'll look tragic or sometimes she will look powerful."

Wegman said that with Fay, he could trick her into being interested, but Ray was much more interested in this "weird process that we did daily."

Wegman said he does not plan his photographs initially but goes into a studio with his props and lets the photographs happen. Then he goes over what he has taken and develops it from there.

Wegman admitted that "it is sort of annoying at times just to be known as the dog guy." He said that this bothers him only when is confronted by it directly as he was recently at the opening of his exhibit at the Museum of Modern Art.

"When I am home working by myself, I don't feel hounded," he said. He said working with large-

format Polaroids is really different from any of the other creative work he does. He said he has always been aware of the process of creating, whether it is in photography, painting or video.

"In painting it is stretching the canvas and making those first strokes. It's nothing like photography. In video I am aware I am not just making a film or a photograph," Wegman said.

Asked whether there was any scandal he would like to inform the public about behind his use of one model over such an extended period of time, Wegman, with tongue-in-cheek, took a jab at Andrew Wyeth and his Helga series, which is currently on exhibit at the M.H. de Young Memorial Museum.

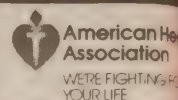
"I have been thinking so much about that that I am going to release some pictures. I have a Helga series with Fay in a Wyeth

setting, with wispy grass, barns," Wegman said.

In addition to "Polaroids and Videos" at the Museum of Modern Art, other photographs by Wegman are being featured in a fine complementary exhibit at the Frankel Gallery in San Francisco through Sept. 17.

Organized by the San Francisco Museum of Modern Art, the exhibit is curated by Sandra Phillips, director of the department of photography, "William Wegman: Polaroids and Videos" continues through Oct. 16.

We need you



Doctors warn about fatty foods

What Alameda County children eat today may be making them prime candidates for heart disease in adulthood, according to the American Heart Association.

A diet rich in cholesterol and saturated fats in childhood can promote atherosclerosis which in turn can cause heart attack, according to Ronald M. Krauss, M.D., president of the AHA's Alameda County Chapter.

"Cholesterol is a fat-like substance that is found in most of the animal products we eat," Krauss said. "Over time, cholesterol and other fats build up on the inner lining of the blood vessels making them narrow and eventually closing them, which is called atherosclerosis."

Although atherosclerosis is usually not detected until adulthood, evidence of plaque buildup has been found in children and young adults.

American children consume too much cholesterol, fat and salt, according to nutritional studies. Snack foods and quick meals made of processed foods are easy to prepare and make kids happy, but they are not the kinds of food that are healthy for their

hearts, according to Krauss.

"Often kids will want foods they see on television commercials or snacks their friends get to eat, but it's important for parents to resist giving in all the time," Krauss said.

One recent study found that children between the ages of 8 and 12 are the largest single consumer group of salt.

"While the verdict is still out on salt," Krauss said, "there is increasing evidence that salt is a contributing factor to high blood pressure, a major risk factor of heart disease and stroke."

Earlier studies have also shown that American children consume far more cholesterol than their counterparts in other countries. In these same countries, the prevalence of heart disease is much less.

The American Heart Association recommends that healthy children over age 2 make moderate changes in their diets to reduce the intake of cholesterol

and salt, while maintaining a nutritionally sound diet.

The diet should be nutritionally adequate, composed of a variety of foods.

"Eat lean meats, poultry, fresh fruits and vegetables," Krauss said. "East less salty foods, processed snacks. (For example, replace prepackaged snacks with crunchy vegetables.)"

"Reduce the intake of high-cholesterol foods, butter, eggs and fatty meats. Daily cholesterol intake should be 100 milligrams of cholesterol, or 1,000 calories, not more than 300 milligrams of cholesterol."

As for adults, only 30 percent of total calories consumed should be from fat and of that only 10 percent should come from saturated fat.

According to Krauss, parents can easily create heart-healthy snacks and meals for the family.

"There are heart-healthy foods for the childhood munchies," said.

Pesticide poisoning can be avoided with precautions

Bay City News

The California Medical Association has issued guidelines to reduce the risk of pesticide poisoning, which emphasize washing well with soap following use and prompt medical treatment of symptoms indicating poisoning.

The full text of the summer bulletin from the CMA follows:

"In most farm areas, pesticides (insecticides) are commonly used to kill harmful insects, thus protecting crops. There are over 100 different types of pesticides. The most dangerous of these chemicals are called organic phosphates (OP compounds) and are sold under a variety of commercial names. They are applied in several ways — in a water spray, as a powder, or with an oil which helps the chemical stick to the plant.

"Although the use of OP pesticides is considered of great value to California's agricultural industry, it does carry with it serious risks since these chemicals are poisonous and can seriously injure those who come in contact with them.

"Persons who live in rural areas — and particularly those who work on farms — may be injured by contact with OP pesticides on the skin; by absorption into the body through the skin, eyes or scalp; or by entry of the chemical into the mouth because hands were not properly washed before eating, drinking or smoking. It also happens with upsetting frequency, that children are accidentally poisoned because they play with OP pesticide containers that are carelessly left around.

"There are two major points to be kept in mind to prevent OP pesticide poisoning:

• Soap and water effectively remove these chemicals if used promptly. Always thoroughly wash yourself and your clothing after working with pesticides.

• While OP pesticides are not as environmentally long-lasting as chlorinated hydrocarbons (such as DDT), they can persist under some conditions for several months. Never leave anything lying around that has been exposed to them, assuming that the harmful effects will quickly disappear — they won't.

"Other preventive measures which should be observed in the use of OP pesticides include:

• Be fully aware of what chemicals you are using in your work.

• Read the label and follow directions. Containers of very hazardous OP insecticides are marked with a skull and crossbones

along with the words "DANGER POISON" in addition to statements describing use, hazards and practical treatment in the event of human exposure.

• Use the protective clothing or masks recommended by the manufacturer. When you remove this protective clothing, be careful not to get the pesticide on your skin, clothing or shoes.

• Watch out for wind or rain while using OP pesticides; they may increase the danger to you and to others by spreading substances beyond the area of planned application.

• Keep OP pesticides locked up when not in use.

• If you have been poisoned, get medical attention as quickly as possible.

"The symptoms of mild OP pesticide poisoning somewhat resemble those of stomach flu. If there is any possibility of exposure to pesticides, however, don't treat the discomfort as though it were flu. Symptoms of pesticide poisoning may be an upset stomach, sweating, a sense of tightness in the chest or stomach, heartburn and belching and muscle twitching.

"In the presence of such symptoms, wash yourself thoroughly with soap and water, change clothes and get to a doctor or emergency room or a hospital, taking along the label from the container of the pesticide that you were exposed to.

"In the case of more severe poisoning, stomach discomfort will take the form of abdominal cramps, vomiting and diarrhea. There may be difficulty in breathing, blurred vision, a general muscle weakness and, finally, a paralysis of the muscles involved in breathing and heart action. These symptoms usually come on slowly, sometimes over a period of 8 to 12 hours. If they are properly observed and understood, life-saving treatment can be given.

"For immediate first-aid steps for someone who has been poisoned: wash skin, hair and nails with plenty of soap and water; give artificial respiration if required; induce vomiting if the victim has swallowed any of the OP chemical and is alert and not exhibiting depressed respiration.

"(Caution: persons attending victim should avoid contact with

the contaminant.) The person should then be rushed to a doctor or a hospital emergency room for definitive treatment. If possible, vomitus should be brought along for analysis and verification of poison along with the label of the container of the pesticide."

Amado...

Continued from page 7

tunities arising from the proximity of the Albany School District to UC Berkeley. Three practice teachers have been assigned to Marin starting in September and Amado hopes to recruit more. He believes they bring vigor and fresh, new ideas that energize school activities. Another UC program is for senior citizens seeking a teaching credential, giving them the opportunity to be practice teachers at the school.

The Marin School, at Marin and Santa Fe, will open its doors to the 1988-89 school year on Sept. 7.

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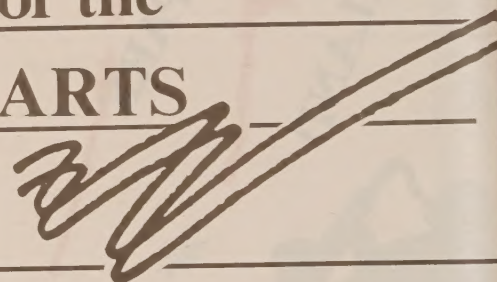
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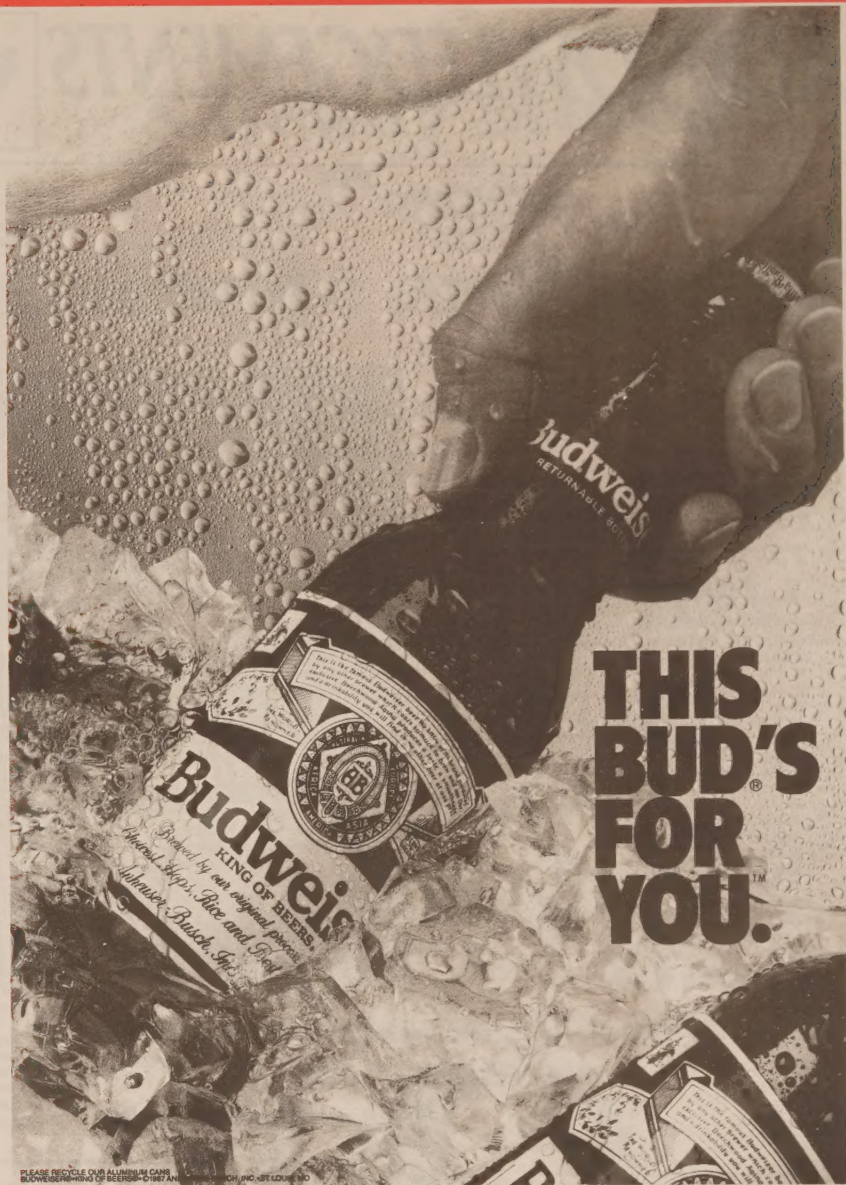
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